

healthy eating checklist



consumer.
Making decisions easy

Keeping healthy

Can't remember what to look for at the supermarket?

Keep our handy checklist in your wallet to help you pick the most nutritious foods.



Table spreads

Per 100g look for:

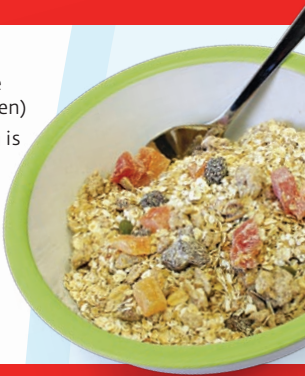
- Less than 70g total fat
- Less than 20g saturated fat
- Less than 1g trans fat
- Less than 400mg sodium
- Ignore cholesterol-free claims. Check the nutrition information panel instead



Breakfast cereal

Per 100g look for:

- More than 5g dietary fibre (no more than 15g for children)
- Less than 5g total fat (1.0g is acceptable if saturated fat is less than 2g of total fat)
- Less than 15g sugar or 25g if some sugar comes from fruit
- Less than 400mg sodium



Yoghurt

Per 150g pottle look for:

- Less than 600kJ
- Less than 5g total fat
- Less than 2g saturated fat
- Less than 10g sugar or 25g if some sugar comes from fruit



Crackers

Per 100g look for:

- More than 5g dietary fibre
- Less than 5g total fat
- Less than 350mg sodium
- Ignore cholesterol-free claims and baked-not-fried claims. Check the nutrition information panel instead



Muesli bars

Per bar look for:

- Less than 600kJ
- Less than 10% total fat and no more than 5g
- Less than 5% saturated fat and no more than 2g
- Less than 15% sugar or 25% if some sugar comes from fruit
- 1.5g or more of dietary fibre



Nutrition information

Most packaged foods must have a nutrition information panel. When comparing different products, use the 100g figure as serving sizes may vary.

Nutrition information		
Serving size: 45g		
Servings per pack: 10		
	Quantity per serving	Quantity per 100g
Energy	680kJ	1510kJ
Protein		10.0g
Fat	4.5g	
- Total		
- Saturated	1.1g	2.4g
Carbohydrate	0.5g	1.0g
- Sugars	31.0g	69.0g
Sodium	7.9g	17.5g
	130mg	290mg

Ingredients

Ingredients must be listed in descending order of quantity.

If sugar or fat is in the first two or three ingredients, the item is not a healthy choice.

Common allergens (such as nuts, dairy products, eggs, gluten and soy) must be declared on the label.

Ingredients	
Bran flakes (32%),	wheat bran, oats, sugar, barley malt extract, dried apricots, salt.
Contains wheat, oats and gluten.	

Best before and use by dates

"Best-before" dates relate to food quality. Food may have lost some of its quality and taste if eaten after this date.

"Use-by" dates relate to food safety. Food shouldn't be eaten and can't be sold after this date.



4 simple rules to keep food safe



Making your decisions easy

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