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- Use the Per 100g table when comparing packaged foods -  
(EXCEPT FOR FIBRE)

#### PER 100G

Healthy packaged foods have:

Total Fat	10g or less
Saturated Fat	3g or less
Sugar	10g or less
Sodium	120mg or less



LEADING NUTRITION EDUCATORS

#### PER SERVE

Healthy packaged foods have:

Fibre	More than 3g
Snacks	Less than 600kJ

Drinks: Water is *always* the best choice to keep hydrated.

[www.nutritionforce.com.au](http://www.nutritionforce.com.au)

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