

**SWAP IT**  
**DON'T STOP IT**



**Compare  
packaged  
food per**

**100g**

	<b>Best Choice</b>	<b>Good</b>
<b>Fat</b>	3g or less	10g or less
<b>Saturated fat</b>	1.5g or less	3g or less
<b>Sugar</b>	5g or less	10g or less
<b>Sodium</b>	120mg or less	600mg or less

***Per serve tips:***

**Fibre** - aim for more than 3g per serve

**Energy** - choose snacks with less than 600kJ per serve



Heart  
Foundation



# Reading Food Labels Made Easy

For more **SWAP IT, DON'T STOP IT** tips  
visit [www.swapit.gov.au](http://www.swapit.gov.au)

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