







<b>Food</b>	 <b>Great choice</b> per 100g	 <b>Fair choice</b> per 100g	 <b>Poor choice</b> per 100g
Carbohydrates of which sugars Sugars in cereals	<b>5g or less</b> <b>5g or less</b>	<b>5-10g</b> <b>5-15g</b>	<b>Over 10g</b> <b>Over 15g</b>
<b>Fats</b>	<b>3g or less</b>	<b>3-20g</b>	<b>Over 20g</b>
<b>Saturated Fat</b>	<b>1.5g or less</b>	<b>1.5-5g</b>	<b>Over 5g</b>
<b>Salt</b>	<b>0.3g or less</b>	<b>0.3-1.5g</b>	<b>Over 1.5g</b>
<b>Sodium</b>	<b>100mg or less</b>	<b>100-600mg</b>	<b>Over 600mg</b>
<b>Fibre</b>	<p><i>Choose foods high in fibre.</i> A product has fibre if it contains at least 3g per 100g of product. A product is high in fibre if it contains at least 6g per 100g of product.</p>		

<b>Drinks</b>	 <b>Great choice</b> per 100mls	 <b>Fair choice</b> per 100mls	 <b>Poor choice</b> per 100mls
	<b>Water</b>	<b>Other beverages</b> eg. flavoured water	<b>Energy drinks</b> <b>Alcoholic drinks</b> <b>Sugar sweetened beverages</b>
<b>Sugar</b>	<b>0g</b>	<b>2.5g or less</b>	<b>Over 2.5g</b>
<b>Fats</b>	<b>0g</b>	<b>1.5g or less</b>	<b>Over 1.5g</b>
<b>Saturated Fat</b>	<b>0g</b>	<b>0.75g or less</b>	<b>Over 0.75g</b>

**Plain white milk is part of a healthy diet and can be consumed in line with the Dietary Guidelines - the Mediterranean way!**

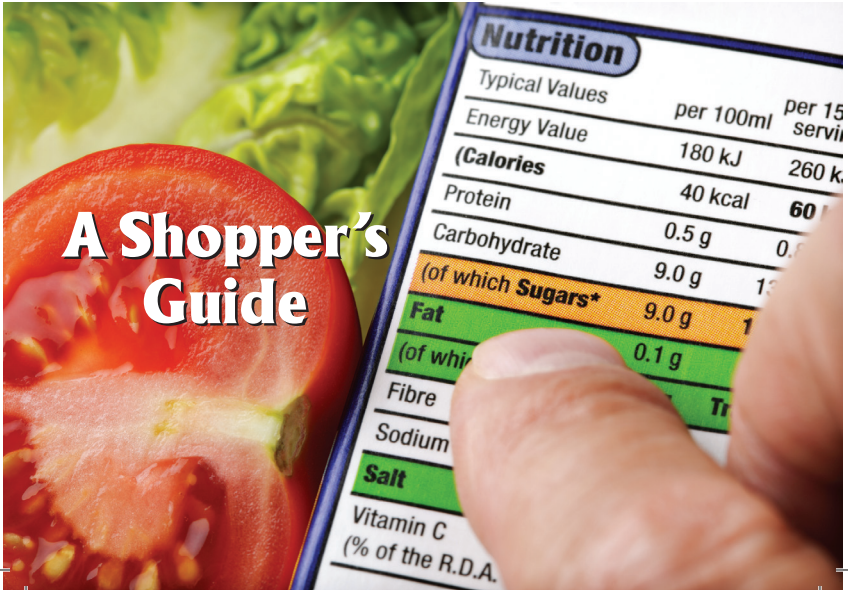


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# A Shopper's Guide

Nutrition		
Typical Values	per 100ml	per 150ml serving
Energy Value	180 kJ	260 kJ
<b>(Calories)</b>	40 kcal	<b>60 kcal</b>
Protein	0.5 g	0.8 g
Carbohydrate	9.0 g	13.5 g
(of which <b>Sugars*</b> )	9.0 g	13.5 g
<b>Fat</b>	0.1 g	0.15 g
(of which Saturated Fat)		
Fibre		Tr
Sodium		
<b>Salt</b>		
Vitamin C		
(% of the R.D.A.)		

