

# Shopping Helper



**ACT**  
Government  
Health

**Enjoy a wide variety of nutritious foods from these five groups every day and drink plenty of water:**

- 1** Plenty of vegetables, including different types and colours, and legumes/beans
- 2** Fruit
- 3** Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- 4** Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- 5** Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

For more ideas to help your family eat well visit: [www.act.gov.au/goodhabitsforlife](http://www.act.gov.au/goodhabitsforlife)

Use this guide to compare packaged food and drinks per 100g/ml

		Good	Okay
<b>Total fat</b>	Foods	Less than 3g	3-10g
	Drinks	Less than 1.5g	1.5-5g
<b>Saturated fat</b>	Foods	Less than 1.5g	1.5-3g
	Drinks	Less than 0.75g	0.75-1.5g
<b>Sugar</b>	Foods	Less than 5g	5-15g
	Drinks	Less than 2.5g	2.5-7.5g
<b>Sodium (Salt)</b>	Foods	Less than 120mg	120-400mg
	Drinks	Less than 120mg	120-400mg

For added benefits choose foods high in fibre (3g or more per serve)