

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
Total fat	Less than 3g	3g - 10g	More than 10g
Saturated fat	Less than 1.5g	1.5g - 3g	More than 3g
Sugar	Less than 5g	5g - 15g	More than 15g
Sodium	Less than 120mg	120mg - 400mg	More than 400mg
Fibre	More than 3g per serve (not using per 100g column)		

Reading the ingredients list? Here are some common names for sugar and salt.

SUGAR

Agave nectar	Golden syrup
Brown sugar	Honey
Corn syrup	Invert sugar
Fructose	Malt
Fruit juice concentrate	Maple syrup
Glucose	Rice syrup
	Sucrose

SALT

Celery salt	Sodium
Flavour enhancer (msg)	Soy sauce
Himalayan pink salt	Stock
Meat extract	Table salt
Rock salt	Vegetable extract
Sea salt	Yeast extract