

Tips for Choosing Healthier Food

Check out the fat, sugars and sodium (or salt) contents in nutrition labels and make a healthier choice of "3 Low".

	What is High? (Choose less)		What is Low? (Choose more)	
	Per 100 g (more than)	Per 100 mL (more than)	Per 100 g (not more than)	Per 100 mL (not more than)
Total fat	20 g		3 g	1.5 g
Sugars	15 g	7.5 g	5 g	
Sodium	600 mg	300 mg	120 mg	

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Nutrients	Daily intake upper limits	Excessive intake will increase risk of developing
Total fat	60 g*	Overweight and obesity
Sugars	50 g*	
Saturated fat	20 g*	Heart diseases
Trans fat	2.2 g*	
Cholesterol	300 mg	
Sodium	2000 mg	High blood pressure and stomach cancer

*Based on a 2000-kcal diet. Individual intake amounts may be higher or lower depending on energy requirements.