



VACCHO



HEALTHY DRINKS

Compare items per 100ml

	<input type="radio"/> BEST	<input type="radio"/> OKAY	<input type="radio"/> POOR
SATURATED FAT	0 - 0.75g	0.76 - 2.5g	2.5g +
SUGAR	0 - 2.5g	2.6 - 7.5g	7.5g +
SODIUM	0 - 60mg	61 - 300mg	300mg +

ADAPTED FROM OBESITY POLICY COALITION AUSTRALIA 2011



VACCHO



HEALTHY TUCKER

Compare items per 100g

	<input type="radio"/> BEST	<input type="radio"/> OKAY	<input type="radio"/> POOR
SATURATED FAT	0 - 1.5g	1.6 - 5g	5g +
SUGAR	0 - 5g	5.1 - 15g	15g +
SODIUM	0 - 120mg	121 - 600mg	600mg +

CHOOSE FOODS HIGHER IN FIBRE