



Traffic Light Guide For Healthy Drinks



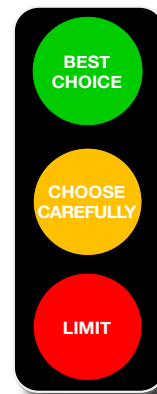
THIS CARD CAN BE USED TO HELP YOU MAKE HEALTHIER DRINK CHOICES

- ✓ Keep it in your purse or wallet.
- ✓ Take this card to the supermarket to help you choose healthier options.
- ✓ Use it with clients or patients wanting to make healthier choices.

HEALTHY DRINKS
Compare items per 100ml

	BEST	OKAY	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



HOW TO USE THE CARD

1. Look at the 'Per 100ml' column on a Nutrition Information Panel on any packaged drink.
2. Compare the amount of saturated fat, sugar and sodium (salt) to the **GREEN**, **ORANGE** and **RED** columns on the Healthy Drinks Card.
3. Choose drinks lower in sugar.

NUTRITION INFORMATION PANEL ON DRINK LABELS

NUTRITION INFORMATION: COLA		
Serves per pack: 1	PER SERVE	PER 100ml
Serve Size: 600ml	(600ml)	
ENERGY	1080kJ	180kJ
PROTEIN	0g	0g
FAT -TOTAL	0g	0g
-SATURATED	0g	0g
CARBOHYDRATE	64g	10.6g
-SUGARS	64g	10.6g
SODIUM	60mg	10.0mg

This panel tells us that this cola is **low** in saturated fat, **high** in sugar and **low** in sodium (salt).

Last updated April 2016

