



# Traffic Light Guide For Healthy Tucker



THIS CARD CAN BE USED TO HELP YOU MAKE HEALTHIER FOOD 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.

**VACCHO**  
**HEALTHY TUCKER**  
Compare items per 100g

	BEST	OKAY	POOR
<b>SATURATED FAT</b>	0 - 1.5g	1.6 - 5g	5g +
<b>SUGAR</b>	0 - 5g	5.1 - 15g	15g +
<b>SODIUM</b>	0 - 120mg	121 - 600mg	600mg +

CHOOSE FOODS HIGHER IN FIBRE



## HOW TO USE THE CARD

1. Look at the 'Per 100g' column on a Nutrition Information Panel on any packaged food.
2. Compare the amount of saturated fat, sugar and sodium (salt) to the **GREEN**, **ORANGE** and **RED** columns on the Healthy Tucker Card.
3. If the food fits into mainly the **GREEN** column, then this is a healthier choice.

## NUTRITION INFORMATION PANEL ON FOOD LABELS

NUTRITION INFORMATION: CHOCOLATE CEREAL		
Serves per pack: 12	PER SERVE	PER 100g
Serve Size: 30g	(30g)	
ENERGY	480kJ	1600kJ
PROTEIN	1.4g	4.6g
FAT -TOTAL	0.1g	0.4g
-SATURATED	0.1g	0.2g
CARBOHYDRATE	26.4g	87.9g
-SUGARS	11g	36.5g
DIETARY FIBRE	0.5g	1.7g
SODIUM	127mg	425mg

This panel tells us that this chocolate cereal is **low in saturated fat**, **high in sugar**, and has a **moderate amount of sodium (salt)**.

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