




# Check Your Food Labels!

			
Amount per serving	Less than	← →	Over
<b>TOTAL FAT</b> <i>(except nuts and granola)</i>	<b>3g</b>	<b>5g</b>	<b>6g</b>
<b>SATURATED FAT</b>	<b>0g</b>	<b>1g</b>	<b>2g</b>
<b>SODIUM</b>	<b>140mg</b>	<b>190mg</b>	<b>200mg</b>
<b>SUGAR</b> <i>(except fruit, dried fruit and 100% fruit juice)</i>	<b>7g</b>	<b>15g</b>	<b>20g</b>
	Great choice	OK but not too much	Only eat sometimes

- ✓ Choose 0g Trans Fats
- ✓ Check how much is a serving
- ✓ Choose foods with 3g or more of Dietary Fibre per serving
- ✓ Also exempted: lean meats, low fat dairy products and vegetable oils



GOVERNMENT OF BERMUDA  
Department of Health

*Aim for products with more green and yellows*