

# NUTRITION

## Check the label



Per 100g	Good Choice		Avoid this More
Total fats	Less than	3.0g	than 17.5g
Saturated fat	Less than	1.5g	More than 5.0g
Total sugar	Less than	5.0g	More than 22.5g
Salt	Less than	0.5g	More than 1.5g
High Fibre	More than	6.0g	Less than 3.0g

## Fruit calories Per 100g

