LABEL READING EXERCISE

Healthy products should have:

Total fat: < 10g/100g (milk & yoghurt: < 2g/100g)
Saturated fat: < 3g/100g
Sugar: <15g/100g (cereals with fruit pieces: < 25-30g/100g)
Sodium (salt): < 300mg/100g (aim for <120mg/100g)
Fiber: > 6g/ 100g

Some foods will not fit into this criteria, just find the ones that come as close as possible.

Name of product	Total Fat per 100g	Sat. Fat per 100g	Sugar per 100g	Sodium per 100g	Fiber per 100g	Good choice YES/NO