Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



Fast Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera **Health Service** Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



Fast Wimmera Health Service Dietitian Ph: 5477 2222

Be sure to eat 2 fruit and 5 veg every day!



Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222



Be sure to eat 2 fruit and 5 veg every day!



East Wimmera Health Service Dietitian Ph: 5477 2222





East Wimmera



NUTRITION INFO PANEL

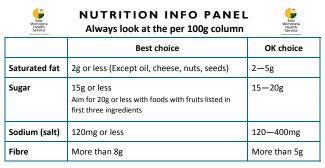
Always look at the per 100g column

Calmania Balli, Casanalia	Always look at the per 1005 column	Service
	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

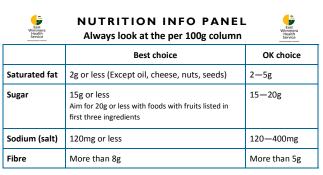
Energy: Aim for 600kJ per serve as snacks

NUTRITION INFO PANEL East Vimmer Health East Wimmera Health Always look at the per 100g column Best choice OK choice 2g or less (Except oil, cheese, nuts, seeds) Saturated fat 2—5g Sugar 15g or less 15-20g Aim for 20g or less with foods with fruits listed in first three ingredients Sodium (salt) 120mg or less 120-400mg Fibre More than 8g More than 5g

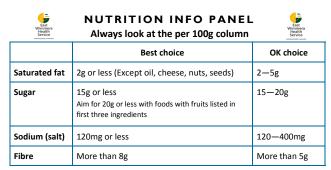
Energy: Aim for 600kJ per serve as snacks



Energy: Aim for 600kJ per serve as snacks



Energy: Aim for 600kJ per serve as snacks



Energy: Aim for 600kJ per serve as snacks



East Wimmera Health Service

NUTRITION INFO PANEL

Always look at the per 100g column

<u> </u>	
<u></u>	
East	
Wimmera	
Health Service	

	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

Energy: Aim for 600kJ per serve as snacks

Vinimera Health Service	NUTRITION INFO PANEL Always look at the per 100g column	
	Best choice	
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	
Sugar	15g or less	



Service	Always look at the per 100g column	Service
	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

Energy: Aim for 600kJ per serve as snacks

East Wimmera Health Service	NUTRITION INFO PANEL Always look at the per 100g column	East Wimmera Health Service
	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

Energy: Aim for 600kJ per serve as snacks

East Winnutra Heath Service	NUTRITION INFO PANEL Always look at the per 100g column	East Winnera Health Service
	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

Energy: Aim for 600kJ per serve as snacks

East Winnera Health Service	NUTRITION INFO PANEL Always look at the per 100g column	East Winnmera Health Service
	Best choice	OK choice
Saturated fat	2g or less (Except oil, cheese, nuts, seeds)	2—5g
Sugar	15g or less Aim for 20g or less with foods with fruits listed in first three ingredients	15—20g
Sodium (salt)	120mg or less	120—400mg
Fibre	More than 8g	More than 5g

Energy: Aim for 600kJ per serve as snacks