

# Super Card

Healthier food choices made easy!

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## HOW TO USE THE SUPER CARD

Making healthy choices at the supermarket can be confusing when there are so many products to choose from. The **SUPER CARD** can help you to make healthy choices by showing you how to read a **Nutrition Information Panel** and giving you tips on what to look for when buying food. The **SUPER CARD** also provides information about what a serving size is and how many serves to aim for in each food category.

## NUTRITION INFORMATION PANEL

The nutrition information panel on a food label shows the amount of energy and nutrients, such as protein, fat, carbohydrate, dietary fibre and sodium that are contained in a single serve of the product and also the amount in 100g (grams). To assist you to make healthy choices, compare values per 100g as listed on the nutrition information panel of products to the recommendations on the **SUPER CARD**. Below is an example of a nutrition information panel.

### Fruit Bread

SERVINGS PER PACKAGE: 9  
SERVING SIZE: 83.5g (2 SLICES)

	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	920kJ	1100kJ
PROTEIN	6.1g	7.3g
FAT – total	2.8g	3.3g
– saturated	0.3g	0.4g
CARBOHYDRATES		
– total	39.8g	47.7g
– sugars	16.4g	19.6g
DIETARY FIBRE	4.3g	5.2g
SODIUM	230mg	275mg

To compare foods, it is best to use the **'Quantity per 100g'** column. The size of the serving used in 'Quantity per serving' often differs between manufacturers.

### DIETARY FIBRE:

Compare the dietary fibre per 100g and choose the food which contains the most.

**SODIUM:** Compare and choose foods with the lowest sodium. Aim for less than 400mg/100g. Limit portion size and how often you eat foods high in sodium, like cheese for example.

**FAT:** The breakdown of different types of fats in the product is listed under this heading. Total Fat is the first one listed and is the total of all the other fats added together. Choose foods low in total fat and with the lowest amount of saturated fat.

**CARBOHYDRATE:** The amount of Carbohydrate is listed as Carbohydrate - total. The sugar component of the total carbohydrate is listed separately. The sugar figure includes added sugar and natural sugars eg. lactose (in milk) and fructose (in fruit).

## GLYCEMIC INDEX (GI)



The GI is a measure of the rate at which a carbohydrate containing food or drink increases blood glucose levels. Low GI foods have a rating of 55 or less. Ideally include some low GI foods at each meal. This can help manage blood glucose levels. If the GI is not known, avoid foods that list the following high GI sugars in the first three items on an Ingredients List: **dextrose, glucose, glucose syrup, malt, malt extract, maltose and maltodextrin.**

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## FATS AND OILS

Margarines, reduced fat spreads, oils, oil sprays – use sparingly and choose products that contain a high proportion of mono or polyunsaturated fats. Look for trans fat on the label and choose foods with the smallest amount. Avoid foods which list the following fats in the first three items on an Ingredients List: **animal fat, butter, coconut, copha, cream, diglycerides, monoglycerides, lard, milk solids, palm oil, shortening, tallow, hydrogenated oil, partially hydrogenated oil.**

## SUPER CARD KEY

≤ less than or equal to ≥ greater than or equal to

## VEGETABLES & LEGUMES

Per 100g	FAT - total
Fresh, frozen & dried	No added fat
Canned	≤ 5g
Frozen chips, wedges & fries	≤ 5g
Legumes	No added fat

Aim for at least 5 serves each day

1 serve = 1/2 cup of cooked vegies OR 1 cup of salad.

## FRUIT

Per 100g	FAT - total
Fresh, frozen, dried & canned	No added fat

Aim for 2 serves each day

1 serve = 1 medium piece OR 2 small pieces OR

1 cup diced, cooked or canned OR 30g dried OR

1/2 cup of 100% fruit juice.

## DAIRY AND ALTERNATIVES

Per 100g/100ml	FAT - total	CALCIUM
Milk and alternatives	≤ 2g	>120mg
Yoghurt, custard & dairy dessert	≤ 2g	>100mg
Icecream & frozen dessert	≤ 3g	
Cheese	≤ 20g	

Aim for 2 1/2 -4 serves each day

1 serve = 1 cup milk OR 200g yoghurt

OR 40g cheese.

## MEAT, MEAT ALTERNATIVES, POULTRY AND SEAFOOD

Per 100g	FAT - total
Beef, veal, pork, lamb	Choose lean cuts
Poultry	Remove skin and fat
Tofu, tempeh, meat substitutes	≤ 5g*
Sausages, rissoles, canned meats	< 10g
Processed luncheon meats	≤ 3g
Convenience meals	≤ 5g*
Fish & seafood	<5g saturated fat

Aim for 2-3 serves each day.

1 serve = 65g cooked meat (90 - 100g raw) OR

80g cooked chicken (100g raw) OR

100g cooked fish (115g raw)

Include 2-3 serves of oily fish a week – fresh, canned or frozen.

## BREADS AND CEREALS

Per 100g	FAT - total	FIBRE
Breakfast cereals	≤ 5g*	≥ 6g
Breads & mixes	≤ 5g*	≥ 5g
Pasta, noodles, rice	≤ 5g*	-
Savoury biscuits	≤ 5g*	≥ 3g

Aim for 3 - 6 serves each day

1 serve = 1 slice of bread OR 2/3 cup of breakfast

cereal flakes OR 1/2 cup cooked

rice/pasta.

## SNACK FOODS

Look for products which contain ≤5g\* fat/100g, ≥3g fibre/100g, ≤450mg sodium/100g & ≤600kj/serve.

**\*May contain 5 - 10g of total fat provided that saturated fat is less than 1/3 of this amount.**