

Check Your Food Labels!

	GREAT	OK	STOP!
Amount per serving	Less than	↔	Over
TOTAL FAT <i>(except nuts and granola)</i>	3g	5g	6g
SATURATED FAT	0g	1g	2g
SODIUM	140mg	190mg	200mg
SUGAR <i>(except fruit, dried fruit and 100% fruit juice)</i>	7g	15g	20g
	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
Ministry of Health
Department of Health

Aim for products with more green and yellows