



Healthier choices (assessed per serve):

If the product being assessed meets all the nutrient criteria below it is classified as **GREEN**. If the product is over the nutrient criteria for saturated fat, sodium or sugar or under the criteria for fibre the item is classified as **AMBER**.

Category	Nutrient Criteria			
	Saturated Fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (g) Per 100g
Breakfast Cereals not containing dried fruit	2g or less	-	5g or more	20g or less
Breakfast Cereals containing dried fruit	2g or less	-	5g or more	25g or less
Pasta sauces and simmer sauces	2g or less	300mg or less	-	
Soups as prepared and ready to eat (condensed instant)	2g or less	300mg or less	-	
Dips (legumes, dairy, vegetable or salsa)	2g or less	750mg or less	-	
Mayonnaise and salad dressing	3g or less	750mg or less		