

How healthy is your food?

Foods low in fat, saturated fat, sugar and salt are better for your health. Here's the challenge: Put a tick beside some of the foods that you think are genuinely healthy. But don't be fooled by added vitamins and minerals! They can't magically transform a high-fat, high-sugar or high-salt product into a healthy food!



Sugar: Very high
Fat: Low
Saturated fat: Low
Salt: Low

Healthy?



Sugar: Low
Fat: Low
Saturated fat: Low
Salt: Low

Healthy?

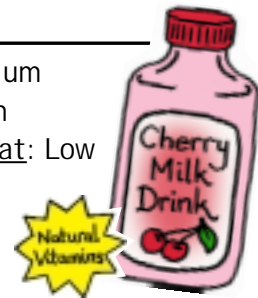


Healthy?

Sugar: Very high
Fat: Low
Saturated fat: Low
Salt: Low

Healthy?

Sugar: Medium
Fat: Medium
Saturated fat: Low
Salt: Low



Healthy?

Sugar: Low*
Fat: Low
Saturated fat: Low
Salt: Low*

*Note: Based on tinned veg with no added salt or sugar



Fat: High
Saturated fat: Medium
Sugar: Very high
Salt: Medium

Healthy?

TIP: Some foods contain added vitamins and minerals. But if they are also high in fat, saturated fat, sugar or salt, then they may not be as healthy as they seem!

