A fatty diet is linked with heart disease. **FAT SPREAD IT THIN**

UNSATURATED fats can be good for your health – in small amounts. But too much SATURATED fat is bad for you. A lot can be "hidden" in snacks, pies and ready meals.

SO CHECK THE LABELS.

For good health, enjoy a variety and balance of foods. And keep down the amount of SALT, FAT & SUGAR you eat.

SO CHECK THE LABELS.

<table>
<thead>
<tr>
<th>What's a lot?</th>
<th>What's a little?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A lot per 100g</td>
<td>A little per 100g</td>
</tr>
<tr>
<td>15g of Sugars</td>
<td>5g of Sugars</td>
</tr>
<tr>
<td>20g of Fat</td>
<td>3g of Fat</td>
</tr>
<tr>
<td>5g of saturates</td>
<td>1.5g of saturates</td>
</tr>
<tr>
<td>1.5g of Salt</td>
<td>0.3g of Salt</td>
</tr>
<tr>
<td>0.6g of Sodium</td>
<td>0.1g of Sodium</td>
</tr>
</tbody>
</table>
SALT
SHAKE THE HABIT
Eating too much salt can cause high blood pressure.

Adults – eat no more than 6g salt a day.
That’s about ONE LEVEL TEASPOON for the WHOLE DAY.
Children – even less.
Babies – none at all.
SO CHECK THE LABELS.

What’s a lot? What’s a little?
A lot per 100g A little per 100g
1.5g of Salt 0.3g of Salt
0.6g of Sodium 0.1g of Sodium

SUGAR
NOT SO SWEET
Sugar can cause tooth decay & weight gain.

You don’t have to GIVE UP sugar.
Just don’t eat TOO MUCH, TOO OFTEN.
ADDED SUGAR is just “empty calories”.
SO CHECK THE LABELS.

What’s a lot? What’s a little?
A lot per 100g A little per 100g
15g of Sugars 5g of Sugars