

Compare the quantity per 100g numbers in the columns of the nutrition information panel (NIP).	Great	OK but try for less	Try to avoid
<b>Total Fat:</b>	Less than 3 g	More than 3g	More than 10g
Saturated Fat	0.4g	3g or less	More than 3g
Trans Fats	less than 0.1g	2g or less	Anything over 2g
<b>Carbohydrates Total:</b> This can be difficult with things like cereal but this is a guideline to follow.	25g or less	25-30g or less	Anything over 30g
Sugar	15g (20g or less if there's fruit in the cereal)	18g or less	Anything over 20g
Sodium (salt)	120mg	400mg (acceptable for some products)	Anything over 400mg
Fibre (the per serve column is the best one to look at for fibre)	5g or more	3g or more	Anything under 3g