

SB NUTRITION

| PER 100G | BEST | SOMETIMES | POOR |
|------------------|-------------------|-----------------------|-----------------|
| TOTAL FAT | <3g | 3-10g | >10g |
| SATURATED FAT | <1.5g | 1.5-3g | >3g |
| SUGARS | <5g | 5-15g | >15g |
| SODIUM (SALT) | <120mg (<0.3g) | 120-400mg (0.3-1g) | >400mg (>1g) |
| FIBRE | >3g | | <3g |