

...and how to pick the best ones

Ready to Eat Options

Not all ready-to-eat options are created equal, so learning to read the nutrition information panel and understanding key nutrition targets can help you make better choices.

Reading the Nutrition Information Panel

Smokey Chicken with Roasted Chat Potatoes, Corn & Black Bean Salsa

Nutrition Information

Serving size per package: 1
Serving size: 450g

	Qty per 100g/100mL	Qty per serving
Energy	431kJ (103 Cal)	1550kJ (371 Cal)
Protein	8.6g	31.0g
Total Fat	4.0g	1.6g
Saturated Fat	1.0g	3.6g
Carbohydrates	7.7g	27.7g
Sugars	3.8g	3.8g
Sodium	174mg	628mg
Dietary Fibre	2.1g	7.7g

Use the **per 100g** column to compare nutrients in similar products as serving sizes differ.

Ingredients

Vegetables (47%) (Potatoes (32%), Corn Kernels (5%), Green Capsicum, Red Capsicum), Free Range Diced Chicken (33%), Black Beans (9%) (Black Beans (80%), Water, Salt, Firming Agent (509)), Red Kidney Beans (9%) (Red Kidney Beans, Water, Salt), Olive Oil, Spices, Herbs, Salt.

May Contain Gluten, Wheat, Egg, Fish, Milk, Soy, Tree Nuts, Sesame, Mollusc, Peanuts, Sulphites, Crustacean.

Always listed in **weight** order from **largest to smallest**.

Allergen statements are important to declare allergens present or indicate the possible unintended presence of an allergen.

What to look for

	Energy per serve	Saturated Fats per 100g	Sodium per 100g	Sodium per serve	Fibre per serve	Sugar per 100g
Best Choice	2000 kJ or less	2g or less	250mg or less	750mg or less	5g or more	15g or less
Good Choice	2500 kJ or less	2g or less	300mg or less	900mg or less	3g or more	15g or less