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| <p>YOGURT:</p> <p>Sugar less than 5.7g per serving</p> | <p>SODIUM:</p> <p>Less than 5% DV/ less than 400 mg per 100g. Lower = Better</p> | <p>SATURATED FATS:</p> <p>Less than 3g per 100g</p> | <p><u>Other names for sugar (limit intake):</u> Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.</p> <p><u>Other names for salt (limit intake):</u> Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.</p> |
| <p>CEREAL:</p> <p>Sugar less than 6g, fiber more than 5g per serving</p> | <p>JUICE:</p> <p>Choose 100%. Dilute with water.</p> | <p>TRANS FAT:</p> <p>0 g</p> | |
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