

When you shop, reach for the stars



Use the Health Star Rating to make healthier choices by quickly and easily comparing the nutritional value of similar foods.

You can make a big difference by choosing products with a higher star rating and including fruit and vegetables in your basket.

To find out more, visit

healthstarrating.gov.au



**The more stars,
the healthier.**

The Health Star Rating

A joint Australian, state and territory governments initiative in partnership with industry, public health and consumer groups.