

Your guide to tomato pasta sauce

Your pasta sauce checklist:

- ✓ **Energy** aim for varieties with 250kJ/100g or less
- ✓ **Fat** choose those with less than 3g/100g or with less than 25% of fat coming from saturated fats
- ✓ **Carbohydrate** look for brands with 10g/100g or less
- ✓ **Sodium** go for varieties with 250mg/100g or less

HEALTHY FOOD GUIDE TOP PICKS

Coles Italian



PER 100G SERVE:

Energy 145kJ, Fat <1g, Sat Fat <1g, Carbs 8g, Sodium 240mg, \$2.50

A bit higher in sodium than some brands but lower in energy than many others.

Weight Watchers Tomato & Basil



PER 100G

SERVE: Energy 184kJ, Fat 0.1g, Sat Fat <0.1g, Carbs 9.5g, Sodium 190mg, \$4.35

This fresh sauce was the most expensive of those we chose, but has the lowest sodium content,

Val Verde Genuine Italian Passata



PER 100G SERVE:

Energy 105kJ, Fat 0.2g, Sat Fat 0.3g, Carbs 4.5g, Sodium 200mg, \$3.12

The lowest energy sauce we found, close to that of plain, canned tomatoes.

Stromboli Gluten-



PER 100G SERVE:

Energy 214kJ, Fat 1.0g, Sat Fat, 0.1g, Carbs 9.3g, Sodium 220mg, \$3.14

A great, chunky pasta sauce. While many pasta sauces are already free of gluten, this one saves time by listing it right on the label.

Coles Pasta Sauce Passata Authentic Italian Pasta Sauce



PER 100G SERVE:

Energy 109kJ, Fat 0.9g, Sat Fat 0.7g, Carbs 5g, Sodium 200mg, \$2.39

Another low-energy sauce, which is predominantly tomatoes.

Home Brand Classic Pasta Sauce (Woolworths)



PER 100G SERVE:

Energy 215kJ, Fat 0.7g, Sat Fat 0.1g, Carbs 10.0g, Sodium 250mg, \$2.14

The least expensive of all the sauces we found, while still meeting all the nutrition criteria – great for those on a budget.