

# HFG guide to gravy



Nutritionist **Rose Carr** guides us through the convenient options available for ready-made gravies and sauces.

## Healthy Food Guide picks

**Campbell's Real Gravy – Roast Beef & Red Wine 250g (about 1 cup)**



Per 100g: 178kJ, 1.0g fat, 470mg sodium; \$0.88



Nice, meaty, homemade flavour and texture; a little salty.

**Bisto Liquid gravy – Brown Onion 165g (about 2/3 cup)**



Per 100g: 145kJ, <1g fat, 445mg sodium; \$1.51



Nice texture but definitely not the real thing flavour-wise.

**Continental Four Cheeses Sauce 30g (makes 1 cup)**



Per 100g: 252kJ, 1.6g fat, 450mg sodium; \$0.50



Real cheesy flavour, although a little salty. A quick, low-fat alternative to making your own.

**Maggi Hollandaise sauce 46g (makes 1 cup)**



Per 100g: 360kJ, 4.3g fat, 395mg sodium; \$0.56



Nice lemon-buttery flavour.

**Pam's Instant Rich Brown Gravy 30g (makes 1 cup)**



Per 100g: 169kJ, <1g fat, 505mg sodium; \$0.34



We were impressed with this gravy: the mild onion flavour and creamy consistency tasted homemade.

## Your checklist

Use these criteria to help you choose gravies and sauces. Serving sizes on the packs vary, so check the nutrition information per 100g/100ml (for powders – this is when made up). Our guidelines are based on the assumption a serve is about 1/4 cup per person.

✓ less than 300kJ (a 1/4 cup serve is less than 188kJ)

✓ less than 2g fat (a 1/4 cup serve is less than 1.25g fat)

✓ less than 460mg sodium (a 1/4 cup serve is less than 287mg which equals the sodium in 1/2 teaspoon of salt)