HFG guide to



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

Maggi Hollandaise sauce 46g (makes 1 cup)

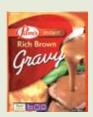


Per 100g: 360kJ, 4.3g fat, 395mg sodium; \$0.56



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 ¼ cup serve is less than 188kJ)

less than 2g fat (a ¼ 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 1/8 teaspoon of salt)