

Food Labels

To understand what you and your family are eating, you need to be able to make sense of food labels.

Healthy foods are low in fat, low in sugar, low in salt but high in fibre.

Nutritional Information

Under EU Food Law, when nutritional information is given it must be stated as per 100g of a food or drink.

Nutritional Information	Typical value per 100g	30g serving with 125ml skimmed milk
Energy	1580 kJ 372 kcal	725 kJ 171 kcal
Protein	7g	7g
Carbohydrate of which sugars starch	84g 8g 76g	31g 8g 23g
Fat of which saturates	0.9g 0.2g	2.5g 1.5g
Fibre	3g	0.9g
Sodium	0.7g	0.25g
Salt	1.8g	0.7g

... 100g of some foods may be more or less than a typical serving

Sugar Low-sugar – less than 5g per 100g
Sugar-free – contains naturally occurring sugar or no extra sugar added
No added sugar – no extra sugar added

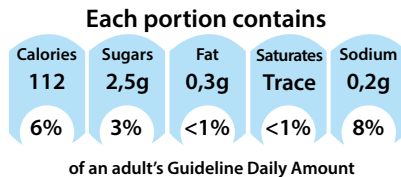
Fat Low-fat – less than 3g per 100g
Low-saturates – less than 1.5g

Fibre High-fibre – 6g or more per 100g

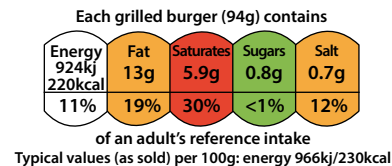
Salt Low-salt – 0.3g

Check the label and **avoid foods that are high in sugar, salt or fat.** Foods that are high in fibre may also be high in sugar and salt.

Many foods will display a Front of Pack nutrition label



... Many companies choose to display Guideline Daily Amounts. These outline the approximate amount of nutrients needed by healthy adults and children every day. The nutrition information is given per serving



... Other companies choose to display adult's reference intakes. Look for products with lowest reference nutrient intakes. This information is given per serving. It will be displayed as a percentage for each nutrient

- **Green** means low in that nutrient and is the healthier choice
- **Amber** means medium
- **Red** means high

