

# FOOD LABELLING



— BE —  
**PORTION  
SIZE**  
— WISE —

THERE'S LOTS OF INFORMATION AND GUIDANCE TO BE FOUND ON FOOD LABELLING BUT MAKING SENSE OF IT ALL MIGHT NOT BE QUITE THAT EASY.

Some manufacturers use traffic light labelling to help you see at a glance what's healthy and what's not. It's usually found on the front of packaging and will look something like this.

each pack contains:

<b>1</b> SERVING	<b>ENERGY</b> 463kJ 110kcal 6%	<b>FAT</b> 16.8g MED 24%	<b>SATURATES</b> 7.2g HIGH 36%	<b>SUGARS</b> 0.2g LOW 8%	<b>SALT</b> 1.8g HIGH 30%
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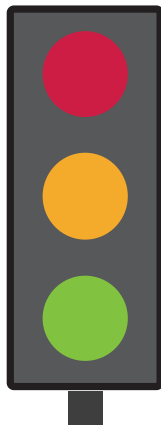
% of an adult's reference intake.  
Typical values per 100g: Energy 463kJ/110kcal

**THE TRAFFIC LIGHT SYSTEM** IS BASED ON THE FOLLOWING UK GOVERNMENT RECOMMENDED GUIDELINES.

**HIGH**  
ONLY EAT OCCASIONALLY

**MEDIUM**  
OK MOST OF THE TIME

**LOW**  
THE HEALTHY CHOICE



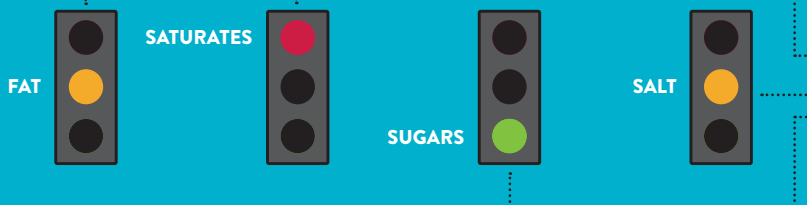
FAT	SATURATES	(TOTAL) SUGARS	SALT
<b>MORE THAN</b> 17.5g per 100g	<b>MORE THAN</b> 5g per 100g	<b>MORE THAN</b> 22.5g per 100g	<b>MORE THAN</b> 1.5g per 100g
<b>BETWEEN 3.1g</b> and 17.5g per 100g	<b>BETWEEN 1.6g</b> and 5g per 100g	<b>BETWEEN 5.1g</b> and 22.5g per 100g	<b>BETWEEN 0.31g</b> and 1.5g per 100g
<b>3g OR LESS</b> per 100g	<b>1.5g OR LESS</b> per 100g	<b>5g OR LESS</b> per 100g	<b>0.3g OR LESS</b> per 100g

CUT ME OUT AND TAKE ME SHOPPING

**DON'T PANIC**

if there's no colour coding label - you can still use the back of pack information to help you make healthy choices. Why not cut out and keep the traffic label guide and take it along when you do your shopping. Then you can work it out for yourself.

HERE'S AN EXAMPLE OF HOW IT WORKS.



Nutrition				
Typical values	100g contains	Each pack (typically 400g) contains	% RI*	RI* for an average adult
Energy	463kJ 110kcal	1853kJ 442kcal	22%	8400kJ 2000kcal
Fat	4.2g	16.8g	24%	70g
of which saturates	5.4g	21.6g	108%	20g
Carbohydrates	13.3g	53.2g		
of which sugars	1.7g	6.8g	8%	90g
Fibre	1.5g	6.0g		
Protein	4.1g	16.4g		
Salt	0.4g	1.8g	30%	6g

This pack contains 1 serving  
\*Reference intake of an average adult (8400kJ/2000kcal)

Make sure you're comparing the values per 100g/ml not the values per portion/slice figures.