

Back of Pack Labelling

Typical Values	Nutritional information gives the amount in every 100g (4oz) of a food. Some labels will also tell you the amount per serving, however you have to be careful that your actual serving is the same as on the label.
Energy	This is the amount of energy the food contains. Written in kJ (kilojoules) or kcal (kilocalories), which is the lower number. In the UK, we tend to use kcal when looking at overall energy in foods.
Protein	The body needs protein to grow and repair; most adults eat more than enough. Protein contains 4 kcals per gram.
Carbohydrate <i>Of which sugars</i>	This is the total amount of carbohydrate in the food mainly starches and sugars. All carbohydrate contains 4 kcals per gram 'Of which sugars' tells you all sugars in the food both occurring naturally in fruit and milk and the actual sugars added to our food. (We should eat less added sugars)
Fats <i>Of which saturates</i>	This is the total amount of fat in foods. Fat contains 9 kcals per gram. This is how much of the fat is saturated (we should try to eat less of this kind) Some labels will also tell you how much is monosaturated and polyunsaturated.
Fibre	Our body need fibre and keep our bowels working properly and prevent constipation. We should aim for about 18g fibre per day.
Salt	Some labels also list salt on the labels. An adult should have no more than 6g or a teaspoon every day, children need even less. 75% is hidden in our everyday foods
Sodium	Salt contains sodium Salt = 2.5 x sodium level

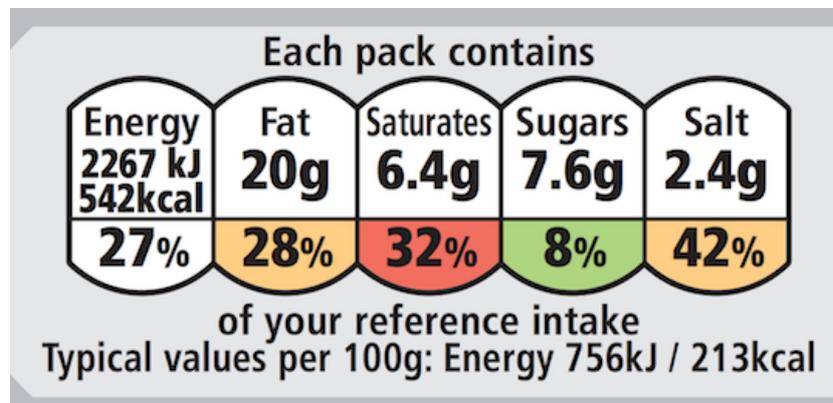
Useful values for identifying foods which are high and low in Fat, Sugar, Salt

Per 100g	What's LOW? A healthier choice.		What's HIGH? Just occasionally.
Fat	3g or less		More than 17.5g
Saturates	1.5g or less		More than 5g
Sugars	5g or less		More than 22.5g
Salt	0.3g or less		More than 1.5g
Sodium	0.1g or less		More than 0.6g

Understanding Food Labels

Front of Pack Labelling for Pre-packaged Foods

The Traffic Light System provides nutritional information on pre-packaged foods. This allows for easy comparison between different foods.



(Food Standards Agency, 2013)

Information provided is for per serving
Reference Intake = recommended amount of nutrient per day
% = how much of daily amount this serving provides

- **GREEN — LOW**
- **AMBER — MEDIUM**
- **RED — HIGH**

Go for as many **greens** as you can and avoid choosing too many **reds!**