



ChooseToLose@Work

Week 8: Food labelling and filling up on Fruit & Vegetables

Aim:

The aim of week 8 is to make participants more aware of food labelling and reinforces the message of eating five portions of fruit and vegetables a day.

Essential topics to cover:

- Welcome participant back and congratulate them on hitting the half way mark.
- Ask participant how they felt the previous week went. Did they stick to their goal? If yes, congratulate them. If no, ask them to reflect if the goal was achievable or not and encourage them to consider tweaking it.
- Remind them to set a week 8 goal – encourage them to think about how much fruit and vegetables they are eating.
- Remind participants that forward planning is key to success and making small realistic changes is the key to losing weight in the long term,
- Encourage participants to keep a food diary.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight and reflect on any weight change.

Top Tips:

1. Prepare fruit and vegetables for snacks in between meals.
2. Check the labels on pre-prepared foods and choose items low in salt, sugar and saturated fats. Choose more green lights and fewer red lights.



How do I know if a food is high in fat, saturated fat, sugar or salt?

Food packaging has guidelines to tell you if a food is high in fat, saturated fat, salt or sugar, or not. These are:

Total fat

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

For example, if you are trying to cut down on saturated fat, limit your consumption of foods that have more than 5g of saturated fat per 100g.

Red, amber and green colour coding

Some front-of-pack nutrition labels use red, amber and green colour coding.

Colour-coded nutritional information, as shown in the image above, tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.

- red means high
- amber means medium
- green means low

The more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But any red on the label means the food is high in fat, saturated fat, salt or sugars, and these are the foods we should cut down on. Try to eat these foods less often and in small amounts.

Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/)
<http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
You Guide To Food Label Cards	HIRS NUT 72/L
Food Labelling Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Food Labelling'
Fruit and Veg - How to get 5 a day? Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Fruit and Veg'
NHS Choices Weight Loss Guide	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 8

Useful Websites

For further links to websites and apps visit:

Choose To Lose... and keep weight off for good!

www.nhsforthvalley.com/weight

- **Ready to Take Control?** - Helping you change your old habits and get motivated.
- **Eat Well Feel Great** – Set achievable goals and get tips on healthy eating.
- **Get Active Your Way** – Find an activity that suits you and find out what's going on in your area.
- **Keep Going** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle.

NHS Choices – Food Labelling

<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>

Useful Apps

Food Label APP – FoodSwitch - <http://www.foodswitch.co.uk/>

FoodSwitch is a free smartphone app that helps you make healthier food choices. FoodSwitch allows you to scan the barcodes of your food and drinks products and



instantly see whether they are high (red), medium (amber) or low (green) in fat, saturates, sugars and salt per 100g. It also searches the database for similar but healthier alternative products, making it easier than ever to switch to healthier food choices.

