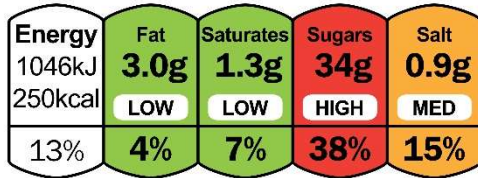


## Reading Labels

Each serving (150g) contains



of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Many foods now have traffic light labelling on the front of the package to help you choose healthier options and tell you at a glance if the food has low (green), medium (amber) or high (red) amounts of fats, saturated fats, sugars and salts.



Not all foods have the traffic light labels on the packaging so for these you can check labels using a food scanner app which scans the barcode and will then give you the traffic light information.

Alternatively, all food labels have information on levels per 100g to allow you to compare products. You can use this guide to help you work out the traffic lights yourself. But remember to read the 'per 100g' nutritional information as labels may also give information as per portion or serving.

	Amount per 100g of...			
	Fat	Saturated Fat	Sugar	Salt
<b>Green:</b> Low = healthy choice	3g or less	1.5g or less	5g or less	0.3g or less
<b>Amber:</b> Medium = OK as part of a balanced diet	3.1 to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
<b>Red:</b> High = In moderation, reduce intake of these foods	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Take a look at some of the foods you regularly eat and think about if it is

- Healthy Choice
- Ok in moderation
- Eat this food less often

Name of food	Fat	Saturated Fat	Sugar	Salt	a, b or c?