



Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

Nutrition Information	
Typical values	Per 100g
Energy	2105kj
Energy	505kcal
Fat	25g
of which saturates	16g
Carbohydrate	62g
of which sugars	38g
Protein	5g
Salt	1g

Nutrition labels are often displayed as a panel or grid on the back or side of packaging. It includes information on energy (kJ/kcal), fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. All nutrition information is provided per 100 grams and sometimes per portion.

The Traffic Light system

The provision of the traffic light system by major supermarkets and food manufacturers is voluntary but can be useful when you want to quickly compare different food products.

Green = Low

If there is mostly green on the label, it means it will be a healthy choice



Amber = Medium

Foods with some ambers will be okay to eat most of the time

ovenbaked half of pizza contains

Energy	Fat	Saturates	Sugars	Salt
1400 kJ 334 kcal	14g	7g	4g	0.9g
17%	20%	35%	4%	15%

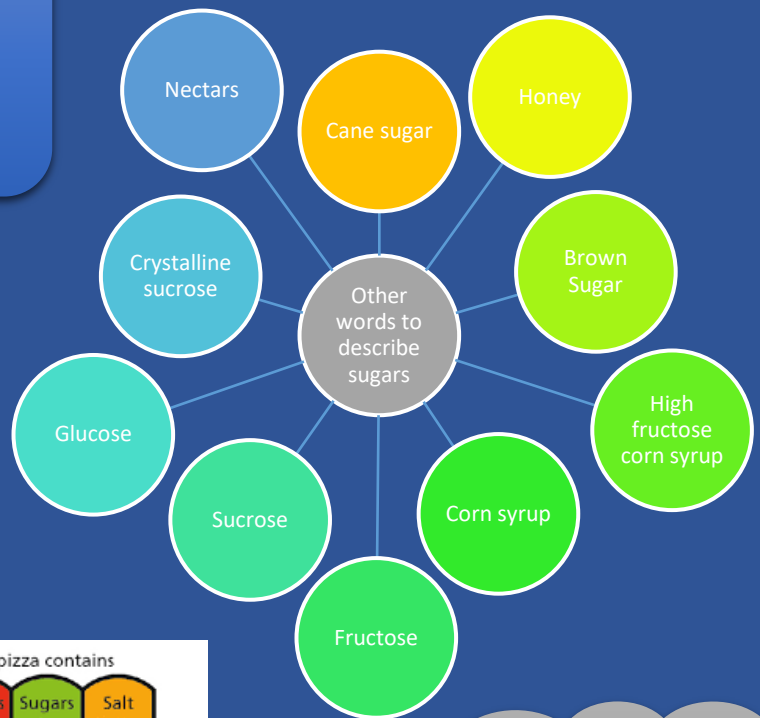
of an adult's reference intake
Typical values (as sold) per 100g: Energy 966kJ / 230 kcal

Red = High

We should be cutting down on foods with lots of reds, but we can enjoy them as a treat

FOOD LABEL DECODER
ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g



Remember, the manufacturer's idea of what constitutes a "serving" or a "portion" might not be the same as yours.

No system perfect – for example oily fish will show high in fat yet the fat is omega 3 / polyunsaturated is a 'healthy' fat.

USEFUL RESOURCES:

- <https://www.nhs.uk/live-well/eat-well/food-labelling-terms/> - for further explanation on food labelling terms
- <https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/>