

## Food Labels High and Low

How much is HIGH?  
(High per 100g)

Total Sugars: 22.5g or over  
Total Fats: 17.5g or over  
Saturated Fat: 5g or over  
Salt: 1.5g or over

How much is LOW?  
(Low per 100g)

Total Sugars: 5g or less  
Total Fats: 3g or less  
Saturated Fat: 1.5g or less  
Salt: 0.3g or less

### Carbohydrates

There are 2 types, simple and complex carbohydrates.

**Simple:** Includes all types of added sugars and natural sugars present in foods such as honey, fruit and milk.

**Complex:** Also known as starch, they are present in rice, potatoes, bread, cereals, etc.

### Fats

There are different types of fats:

- Saturated
- Monounsaturated
- Polyunsaturated
- Cholesterol
- Trans-saturated

Some fats are healthier than others. The difference is mainly between hard (saturated) and soft (unsaturated) fats. The saturated fats are harmful to our health, especially the heart and arteries, while some unsaturated fats are beneficial for our health.

### Fibre

Fibre is the indigestible portion of plant food; it adds bulk to the diet and aids satiety. Good sources of fibre are fruit, vegetables and pulses. Some bread and cereal products are also a good source of fibre if they contain over 3g of fibre per 100g of food.

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### LIGHT (OR LITE)

Remember to check the label on products that say 'Light' on them. There is no law saying how many fewer calories a product should have to be called 'Light'.

### LOW-FAT

To be considered 'low-fat', food must have less than 3g of fat per 100g and a drink or other liquid must have less than 1.5g of fat per 100ml.

### NO ADDED SUGAR

This usually means that the food has not had sugar or sweetener added to it as an ingredient, although the food may have sugar naturally occurring in it, e.g. fruit juice.

### LOW-CALORIE

This indicates that the food you are looking at has 40 kcal or less for every 100 grams.