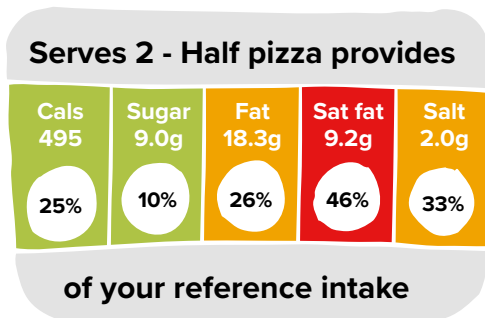


## Food Labels

Food labels give you the nutritional information about the products that you are eating. It is important that you know how to read them so you can make healthy, informed choices about what you are putting into your body.



This system tells you at a glance if the food has high (RED), medium (AMBER) or low (GREEN) amounts of fat, sugar and salt.

**The more green lights, the healthier the choice.**

Foods with more red lights should be eaten only every now and again.

**What if the traffic light panel has all 3 colours? For a healthier choice try to pick products with more greens and ambers and fewer reds.**

### What are reference intakes?

These are an estimated amount of nutrients and energy you need for a healthy diet each day. They are not intended as targets and are based on an 'average' person who does an 'average' amount of exercise and, therefore, need to be adapted for each individual.

The reference intake referred to on food labels is for that of someone eating a 2000 calorie diet and are the following amounts:

**Energy: 8,400 kJ/2,000kcal**

**Total fat: 70g**

**Saturates: 20g**

**Carbohydrate: 260g**

**Total sugars: 90g**

**Protein: 50g**

**Salt: 6g**

### The ingredients list?

Most products have an ingredients list which can help you work out how healthy a product is. Ingredients are listed in order of weight, so if there are high fat or high sugar ingredients at the top of the list e.g. cream, butter or sugar, then you know it is not such a healthy choice.

**Detailed nutritional information must be shown on all food and drink products by law**

