



# The food label – it's a minefield!

## The traffic light system

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**GREEN = LOW**  
 Healthier choice
- 
**ORANGE = MEDIUM**  
 Ok in small amounts
- 
**RED = HIGH**  
 Danger! Only have very occasionally

## Labels can look like this

Each grilled burger (94g) contains

Energy 924kJ 220kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

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

## Guideline daily amounts **GDA** for

Fat **70g** *this includes*  
 Saturates **20g**  
 Total Sugar **90g**  
 Salt **6g**

### REMEMBER NOT ALL FOOD LABELS ARE THE SAME!

- nutrient content might be worked out per 100 grams
- or it might be worked out per item
- or per half or quarter
- or per serving
- or per pack!

Look for the nutrient content per 100 grams – usually on the back – for the easiest way to compare products.