

Food Labels

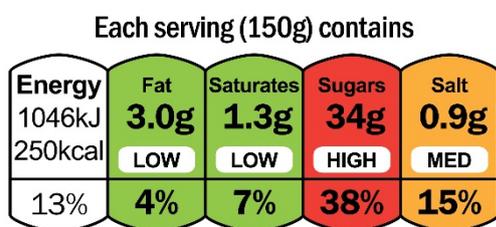
Food labels can help you make healthier choices and support you to eat a balanced diet.

Front of Pack Nutrition Labels

These labels can be helpful for making quick decisions or comparing two (or more) products. They typically show the content of:

- Energy (kJ or kcal)
- Fat (g)
- Saturated fat (g)
- Sugar (g)
- Salt (g)

This information may be per 100g/ml or per portion. If the information is given per portion, be aware that the manufacturer's portion may be different from your own! For example, a 500ml bottle of fizzy juice might give nutrition on the label for a portion size of 250ml, but many people would drink the full bottle.



of an adult's reference intake

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

Front of pack labels also show the amount of nutrient as a percentage of an adult's reference intake (RI). If a packet of crisps has 30% for saturated fat, this would be more than 30% of a child's RI.

These labels might also use traffic light labelling; where green means low, amber means medium and red means high. Typically, you should aim to pick products that contain more green and less red labels.

Back (or Side) of Pack Nutrition Labels

These labels give more detailed information compared to front of pack labels, providing information on additional nutrients such as total carbohydrates, protein and fibre. This information will be provided per 100g and sometimes per portion as well.

These labels are often not colour coded using the traffic light system. The table below provides the figures for whether a product is low, medium or high in fat, saturated fat, sugars and salt per 100g.

	Low	Medium	High
Fat	3g and under	Between 3g and 17.5g	Over 17.5g
Saturated Fat	1.5g and under	Between 1.5g and 5g	Over 5g
Sugars	5g and under	Between 5g and 22.5g	Over 22.5g
Salt	0.3g and under	Between 0.3g and 1.5g	Over 1.5g

Ingredients List

The ingredients in a product will be listed in order of weight, so the main ingredients will be at the start of the list. This can also help you choose healthier products.

For example, products with cream, butter or oil near the start of the ingredients list will be high in fat. Products with sugars or syrups at the start of the ingredients list will be high in sugars. Sugar can sometimes be disguised with other names such as honey, fruit juice concentrate and any ingredient ending in -ose such as fructose, glucose or maltose, so look out for these on the ingredients list.

In the UK, there are 14 key allergens that must be declared on pre-packaged food labels. It is required that these allergens are emphasised on the ingredients list so that they are easier to spot (e.g. using **bold**, *italic* or **coloured** fonts).