



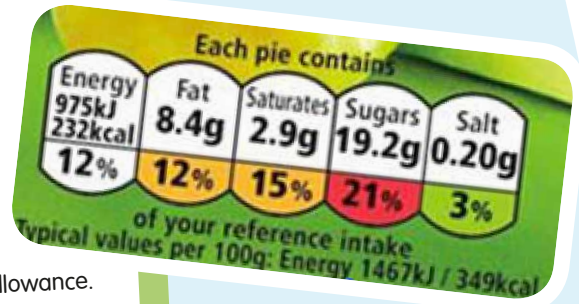
# HEALTHY EATING WEEK

## Food labels - what do they mean?

Understanding what we eat has become a lot easier. Every packaged food item will now have labels on the front and on the back. The front of the pack labels show at a glance how healthy or how unhealthy the food might be.

### The 5 front categories

1. Energy or how many calories in the item
  2. Fat content (all fat content – good and bad)
  3. Saturated fat content (bad fat which can lead to all kind of diseases)
  4. Sugar content
  5. Salt content (high salt is not good for our hearts).
- These will show weight in grams and also percentage of an adult's daily allowance.



### Red, amber, green

To help us understand the numbers a bit better some companies have introduced a simple colour coding to each of the 5 categories. If we focus on the sugar category, we can see that this packaged food has over 20% of the sugar we should be eating in one day. So, it's red.

### What do the numbers mean?

#### Total fat

High: more than 17.5g of fat per 100g  
Low: 3g of fat or less per 100g

#### Saturated fat (or bad fat)

High: more than 5g of saturated fat per 100g  
Low: 1.5g of saturated fat or less per 100g

#### Sugars

High: more than 22.5g of total sugars per 100g  
Low: 5g of total sugars or less per 100g

#### Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)  
Low: 0.3g of salt or less per 100g (or 0.1g sodium)

