

food labelling

supermarket guide

CLAIMS FOUND ON FOOD LABELS

FAT

'Low Fat'	Less than 3g fat in 100g
'% Fat'	The amount of fat in 100g
'95% Fat Free'	Product contains 5% fat (or 5g per 100g)
'Reduced Fat' / 'Light'	30% less fat than the standard product
'Virtually Fat Free'	Less than 0.5g fat per 100g
'Low in Saturates'	1.5g of Saturates per 100g
'High in Polyunsaturates'	At least 45% of fat is polyunsaturated

SUGAR

'Reduced Sugar'	30% less sugars than the standard product
'Low Sugar'	Less than 5g sugar per 100g
'Sugar Free'	Contains no more than 0.5g sugar per 100g
'No Added Sugar'	No sugars have been added, but the product may have natural sugars present

FIBRE

'High Fibre'	Contains at least 6g of fibre per 100g
'Source of Fibre'	Contains at least 3g of fibre per 100g

OTHERS

'Reduced Sodium'	30% less sodium than the standard product
'Low Sodium'	Less than 0.04g of sodium per 100g/0.1g of salt per 100g
'Reduced Calorie'	30% less calories than the standard product
'Low Calorie'	Less than 40kcal per 100g

Nov 2006

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ENERGY	Energy in food is measured in calories or kilojoules, written as kcal or kJ (1kcal = 4.2kJ). Eating more energy than needed can lead to weight gain.
CARBOHYDRATE	Their function is to provide us with energy. These include sugars and starches. "Of which sugars" shows how much of the total carbohydrate comes from sugars.
FAT	The total amount of fat in a food including saturates, polyunsaturates and monounsaturates. When looking at food labels check whether the fat is saturated or unsaturated.
FIBRE	The total amount of fibre or roughage in a food. Essential for the proper functioning of the digestive tract.
SALT	This may be listed as "sodium". (1g of sodium = 2.5g of salt). We should aim for less than 6g of salt, that is one teaspoon a day.

QUICK GUIDE TO FOOD LABELLING (per 100g)

A LOT	A LITTLE
10g of Sugar	2g of Sugar
20g of Fat	3g of Fat
5g of Saturates	1g of Saturates
1.5g of Salt/0.6g of Sodium	0.1g of Salt/0.04g of Sodium

RECOMMENDED DAILY INTAKE OF MAIN NUTRIENTS

	MEN	WOMEN
FAT	95g	70g
SATURATES	30g	20g
SODIUM	2.5g	2g
FIBRE	20g	16g