

Worksheet explaining nutritional labels and how to make healthier choices

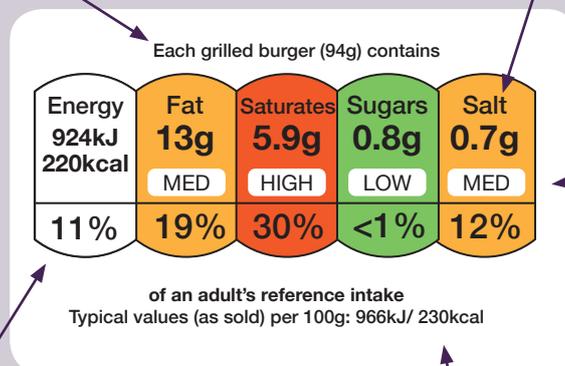
We could all be making healthier choices when it comes to our diets. Food labels are an excellent way of helping us make healthier choices, and many food and drink manufacturers and retailers use colour coded front of pack nutrition labels. These labels provide easy to understand information about calories and the levels of fat, saturated fat, sugars and salt in a product.

Many of the foods with front of pack labelling that you see in the shops will have a mixture of red, amber and greens. So, when you're choosing between similar products, try to go for more greens and ambers, and fewer reds, to help you eat a healthier diet.

Below is an example of a colour coded label and how to use this label:

A portion size or serving indication, other examples include 'one grilled burger' or '1/2 contains'. Be aware, however, that this indication may be different from your idea of a portion, e.g. you might eat two burgers or a whole pack.

The colour coding (red, amber and green) shows you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt. For a healthier choice try to pick products with more greens and ambers and fewer reds.



Some labels like this one also use High, Medium or Low text to help make the meaning of the colours even clearer.

The amount that a portion contributes to your daily diet is given as a percentage of an adult's Reference Intake (RI) for each nutrient. The % RIs enable you to make more accurate comparisons between equal portions of products. You can also use the detailed RI information to help you choose between products that have the same colour.

Energy (kiloJoules and kilocalories) is provided per 100g as well as per portion.