

Food Labelling

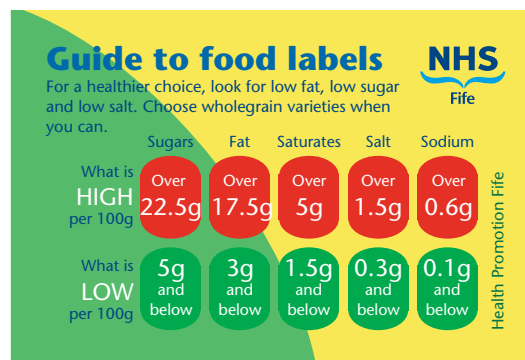
Checking a food label is a good way to compare products, make healthy choices and eat a balanced diet.

On a food label, nutrient amounts are given per 100g or per 100ml. These can help compare different products.

Sometimes information is given per serving or per portion.

But we may eat more or less than the serving size suggested.

Here is an example:



Let's compare the sugar content between 2 different cereals.

Cornflakes

	per 100g	30g serving with 125ml of semi skimmed milk
Energy	378kcal	171kcal
Protein	7g	6.5g
Carbohydrate	84g	31g
of which sugars	10g	8g
Fat	0.9g	2.3g
of which saturates	0.2g	1.4g
Fibre	3g	0.9g
Salt	1.12g	0.4g

Frosted Flakes

	per 100g	30g serving with 125ml of semi skimmed milk
Energy	375kcal	170kcal
Protein	4.5g	5.7g
Carbohydrate	87g	32g
of which sugars	37g	17g
Fat	0.6g	2.9g
of which saturates	0.1g	1.4g
Fibre	2g	0.6g
Salt	0.83g	0.2g

These examples don't show the traffic light colours on their labels. We need to look at our table or wallet sized card to see if they have **high**, **medium** or **low** sugar content.

We can see that for sugar:

- Cornflakes (10g per 100g) falls **between 5g and 22.5g per 100g** so has a **medium** sugar content
- Frosted flakes (37g per 100g) falls into '**more than 22.5g**' per 100g so is **high** in sugar.

Food Labelling - Some useful facts and tips

Ingredients are listed from the highest to lowest weight. The main ingredients are at the top of the list.

Ingredients ending in **-ose** are usually types of added sugar e.g. sucrose, fructose, glucose. Other added sugars may be called corn syrup, syrup, from concentrate, hydrolysed starch and invert sugar.

The word '**flavoured**' means flavoured using the **actual** ingredient.

The word '**flavour**' means an artificial flavouring has been used.

Some foods say they are nutritious or have added vitamins. Make sure you check the sugar and fat content.

For example, fromage frais is a good source of calcium. Some are also high in sugar and fat. They can have as much as 10g of sugar (2 teaspoons) per pot.

This is why it is important read the label so we know what we're buying and can make healthier choices.