

Food labels

Nutrition Facts



Food labels -Eat well

Most pre-packed foods have a nutrition label on the back or side of the packaging.

These labels include information on energy in kilojoules (kJ) and kilocalories (kcal), usually referred to as calories.

They also include information on fat, saturates (saturated fat), carbohydrate, sugars, protein and salt.

All nutrition information is provided per 100 grams and sometimes per portion of the food.

Supermarkets and food manufacturers now highlight the **energy, fat, saturated fat, sugars and salt** content on the front of the packaging, alongside the reference intake for each of these.





For a balanced diet:

- eat at least 5 portions of a variety of [fruit and vegetables](#) every day
- base meals on potatoes, bread, rice, pasta or other [starchy carbohydrates](#) – choose wholegrain or higher fibre where possible
- have some [dairy or dairy alternatives](#), such as soya drinks and yoghurts – choose lower-fat and lower-sugar options
- eat some [beans](#), [pulses](#), [fish](#), [eggs](#), [meat](#) and other protein – aim for 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel
- choose unsaturated oils and spreads, and eat them in small amounts
- drink [plenty of fluids](#) – the government recommends 6 to 8 cups or glasses a day

TIP:

If you're having foods and drinks that are **high in fat, salt and sugar**, have these less often and in small amounts.

Try to choose a variety of different foods from the 4 main food groups.

[fruit and vegetables](#)

[starchy carbohydrates](#)

[dairy or dairy alternatives](#)

[pulses](#), [fish](#), [eggs](#), [meat](#)

Most people eat and drink too many calories, too much fat, sugar and salt, and not enough fruit, vegetables, oily fish or [fibre](#).



How do I know if a food is high in fat, saturated fat, sugar or salt?

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

Saturated 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)

Red, amber and green colour coding

Each burger contains:

ENERGY 924KJ 220kcal 11%	FAT 13g MED 19%	SATURATES 5.9g HIGH 30%	SUGARS 0.8g LOW <1%	SALT 0.7g MED 12%
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% of an adults reference intake.

Typical values per 100g: Energy 966kJ/ 230kcal

Some front-of-pack nutrition labels use red, amber and green colour coding.

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- **red means high**
- **amber means medium**
- **green means low**

In short, the more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But any red on the label means the food is high in fat, saturated fat, salt or sugars, and these are the foods we should cut down on.

Try to eat these foods less often and in small amounts.

<https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/>