

# Understanding labels

## Introducing the food label decoder

Use this card to work out what's high, medium and low in fat, saturated fat, sugar and salt.

- Green labels mean the food is **LOW** in one of the above, so will be the healthiest choice.
- Amber means **MEDIUM**, which is fine as part of a balanced diet.
- Red means the food is **HIGH** in something, so try not to eat too much of that.



## FOOD LABEL DECODER

ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
<b>LOW</b> HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
<b>MEDIUM</b> OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
<b>HIGH</b> JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Low sugar is classed as less than 5g per 100g

Medium sugar is classed as 5.1g – 22.5g

High sugar is classed as more than 22.5g per 100g