

Understanding nutrition information (infographic)

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In the EU, all pre-packaged foods must display nutrition information. These labels allow consumers to compare one food with another and understanding how to read them can help us make healthier food choices. All nutrition labels must show the energy (kcal/KJ) content as well as the amount of fat, saturated fat, carbohydrate, sugar, protein and salt in 100g or 100ml of the product. Information on the amount per serving as well as the fibre, monounsaturated fat, polyunsaturated fat, polyol, starch and vitamin or mineral content may be included on an optional basis.

Download the printable version [here](#).

NUTRITION LABELLING

Understanding nutrition labels can help you make healthier choices



What you should know

per portion = recommended portion (if not available, use as a guide)
50% percentage of daily nutrient needs for an average adult

waiting too many high-energy foods can lead to weight gain
this is also called calories

items are high in calories so watch your portions
limit intake of foods high in saturated fat

choose carbohydrates-rich foods that are low in sugar and high in fibre

look for protein-rich foods that are low in saturated fat

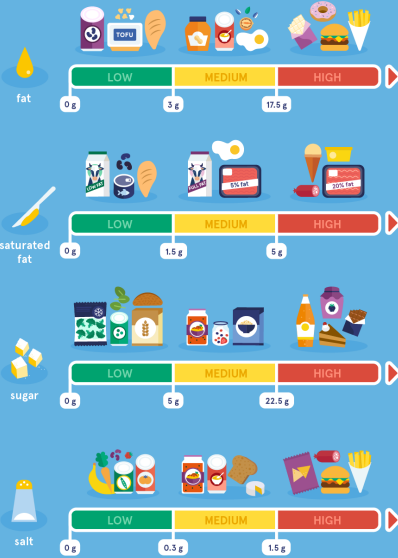
limit foods high in salt also for no more than 5g per day

nutrition information			
typical values	per 100 g	per portion (120 g)*	% RI**
energy (kJ/kcal)	468 kJ/111 kcal	561 kJ/134 kcal	6.7%
fats	0.8 g	1.0 g	1%
of which saturates	0.2 g	0.2 g	1%
carbohydrates	13.5 g	16.2 g	6%
of which sugars	0.7 g	0.8 g	1%
fibre	9.6 g	11.5 g	-
protein	7.7 g	9.3 g	19%
salt	< 0.01 g	0.1 g	2%
vitamins & minerals	may only be listed if present in $\geq 10\%$ RI per 100g		

*reference intake of an average adult (8400kJ/2000 kcal)

How much is too much?

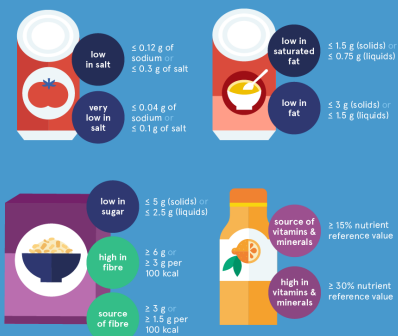
(values per 100 g of food)



! Limit foods and drinks high in fat (especially saturated fat), sugar and salt – not every day. Choose in smaller amounts.

What do nutrition claims mean?

(per 100 g or 100 ml)



Sources: Food Standard Agency, Nutrition claims, Regulation (EU) No 1047/2012