## NUTRITION LABELLING
Understanding nutrition labels can help you make healthier choices (part 1)

### What you should know

<table>
<thead>
<tr>
<th>Typical values</th>
<th>Per 100 g</th>
<th>Per portion (120 g)*</th>
<th>% RI*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ/kcal)</td>
<td>468 kJ/111 kcal</td>
<td>561 kJ/134 kcal</td>
<td>6.7%</td>
</tr>
<tr>
<td>Fats</td>
<td>0.8 g</td>
<td>1.0 g</td>
<td>1%</td>
</tr>
<tr>
<td>Of which saturates</td>
<td>0.2 g</td>
<td>0.2 g</td>
<td>1%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.5 g</td>
<td>16.2 g</td>
<td>6%</td>
</tr>
<tr>
<td>Of which sugars</td>
<td>0.7 g</td>
<td>0.8 g</td>
<td>1%</td>
</tr>
<tr>
<td>Fibre</td>
<td>9.6 g</td>
<td>11.5 g</td>
<td>*</td>
</tr>
<tr>
<td>Protein</td>
<td>7.7 g</td>
<td>9.3 g</td>
<td>19%</td>
</tr>
<tr>
<td>Salt</td>
<td>&lt; 0.01 g</td>
<td>0.1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamins &amp; Minerals</td>
<td>May only be listed if present in ≥15% RI per 100g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Eating too many high energy foods can lead to weight gain**
**Kcal is also called calories**

**Choose carbohydrate rich foods that are low in sugar and high in fibre**

**Limit foods high in salt: aim for no more than 5g per day**

---

### What do nutrition claims mean? (per 100 g or 100 ml)

- **Low in salt**: ≤ 0.12 g of sodium or ≤ 0.3 g of salt
- **Very low in salt**: ≤ 0.04 g of sodium or ≤ 0.1 g of salt
- **Low in saturated fat**: ≤ 1.5 g (solids) or ≤ 0.75 g (liquids)
- **Low in fat**: ≤ 3 g (solids) or ≤ 1.5 g (liquids)
- **Low in sugar**: ≤ 5 g (solids) or ≤ 2.5 g (liquids)
- **High in fibre**: ≥ 6 g or ≥ 3 g per 100 kcal
- **Source of fibre**: ≥ 3 g or ≥ 1.5 g per 100 kcal
- **Source of vitamins & minerals**: ≥ 15% nutrient reference value
- **High in vitamins & minerals**: ≥ 30% nutrient reference value

[www.eufic.org](http://www.eufic.org)
NUTRITION LABELLING
Understanding nutrition labels can help you make healthier choices (part 2)

How much is too much?
(values per 100 g of food)

- **Fat**
  - Low: 0 g
  - Medium: 3 g
  - High: 17.5 g

- **Saturated fat**
  - Low: 0 g
  - Medium: 1.5 g
  - High: 5 g

- **Sugar**
  - Low: 0 g
  - Medium: 5 g
  - High: 22.5 g

- **Salt**
  - Low: 0 g
  - Medium: 0.3 g
  - High: 1.5 g

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