

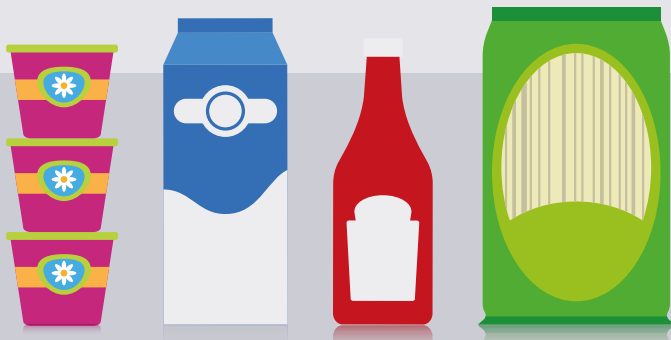
Do you know your food labels?



Why are food labels important?

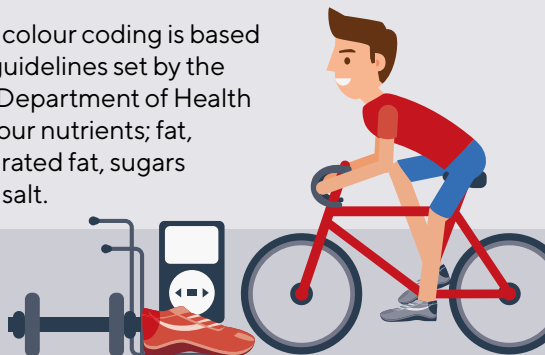
Food labels provide information on the ingredients used to make the product and the number of nutrients it contains, such as protein, fibre, fat, salt and added sugars.

Our colour coded labelling system can be used to provide information about what is in our food and drink, helping us to make the healthier choice.



The colour coding is based on guidelines set by the UK Department of Health on four nutrients; fat, saturated fat, sugars and salt.

These are nutrients we need to keep track of for a healthy lifestyle.



www.channelislands.coop/food/healthy-habits



How to read the label

The nutritional label allows you to quickly see at a glance how much salt, fat and sugar is in a product.

To make it easier to compare products, the label will show the **level of nutrients per 100g/100ml**. This may only be part of a product but it gives a clearer indication of the nutrients per portion.

Nutrition			Reference Intake		
Typical Values	Per 100g	Per 150g serving	Average adult	per serving	
Energy value	990KJ	1330KJ	8400KJ	16%	
(kcal)	240kcal	320kcal	2000kcal		
Fat	19.0g	25.3g	High	70g	37%
(of which saturates)	6.9g	9.2g	High	20g	46%
Carbohydrate	1.9g	2.5g		260g	1%
(of which sugars)	1.5g	2.0g	Low	90g	3%
Fibre	1.3g	1.7g			
Protein	14.6g	19.5g		50g	39%
Salt	1.2g	1.6g	Med	6g	26%
Reference intake of an average adult (8400KJ/2000kcal)					
3 Servings					

The **Reference Intake** (% RI) shown on a pack gives a recommended daily allowance of each nutrient that is needed to make up a healthy balanced diet.

For example, if a product lists **30% fat** on the traffic light panel, this contributes to **30% of your daily fat allowance**.

If you choose a product with a **high % RI** of a certain nutrient then you should try to choose products with **lower % levels of that nutrient for the rest of the day**.

Check the Traffic Lights

This is a simple and quick way to understand what is in the food you eat and how to balance your daily diet.



Red traffic light

- High in certain nutrients
- Choosing fewer reds will help you towards a healthier diet

Amber traffic light

- Help balance your diet
- Eat items with the amber label occasionally or in smaller quantities

Green traffic light

- Low in a particular nutrient
- The more greens, the healthier the product

Spot the green dots

Green dots are only on products which meet strict nutrition based on the best dietary guidelines.



Find the green dot and you've found a healthier option!