

**EAT BETTER
FEEL BETTER**

Understanding food labels

When you're shopping and trying to decide which food to go for, the labelling on the front of the pack can help you decide which foods are healthier. You will often find a mixture of red, amber and green colour coding. Try and pick foods with more greens and ambers than reds if you want to make a healthier choice.



Choose Most Often



Choose Regularly



Choose Sparingly



LOW

The more **greens** on the label, the healthier the choice.

Fat

**3g
AND BELOW**

Saturates

**1.5g
AND BELOW**

Sugars

**5g
AND BELOW**

Salt

**0.3g
AND BELOW**

Per 100g serving



MEDIUM

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

**BETWEEN
3g & 17.5g**

**BETWEEN
1.5g & 5.0g**

**BETWEEN
5g & 22.5g**

**BETWEEN
0.3g & 1.5g**

Per 100g serving



HIGH

Reds on the label means the food is high in that nutrient and these are the foods we should cut down on. Try to eat these foods less often and in small amounts.

**17.5g
AND ABOVE**

**5g
AND ABOVE**

**22.5g
AND ABOVE**

**1.5g
AND ABOVE**

Per 100g serving