

Food Labelling traffic light

Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat saturates and salt you will get from it.

Food Shopping Card

| | Sugars | Fat | Saturates | Salt |
|-----------------------------------|---|---|--|--|
| What is HIGH per 100g | Over 15g | Over 20g | Over 5g | Over 1.5g |
| What is MEDIUM per 100g | Between 5g and 15g | Between 3g and 20g | Between 1.5g and 5g | Between 0.3g and 1.5g |
| What is LOW per 100g | 5g and below | 3g and below | 1.5g and below | 0.3g and below |

