

Figure 11.1 **The UK Food Standards Agency Label**

these labels easier. The labels usually provide nutritional information per 100 grams and some also give the information per serving size. We would suggest that you actively look at these when shopping and making decisions about what to buy.

- *Make sure you understand the colour coded labels:* The label above, *Figure 11.1* is usually found on the front of the food package. It shows a table used by the *UK Food Standards Agency* that provides an easy way to see if the fat, sugar and salt content in your food is high, medium, or low. It does this by looking at food per 100 grams, and then showing the total grams of each key constituent, in a colour coded chart. The chart colour scheme is based on our traditional traffic lights. Thus, red is for stop (*top row*), amber for warning (*middle row*), and green is for go (*bottom row*). If you look at *Figure 11.1* and you want to check if the food you want to buy is low in fat, then you would look in the column headed fat for the High, Medium and Low figures. The red flag (*top*)

will tell you that the fat content is high, an amber flag (*middle*) that it has a medium content, and a green flag (*bottom*) that it is low in fat.

Some manufacturers also use a traffic-like colour code which includes information on the *total calories* present in the sugar, fat and salt in the pack. Calories are indicated in the first column in *Figure 11.2*.

- *Investigate Food Nutritional Labels and serving size:* Not all labels give the serving size but if you look at the sample food label in

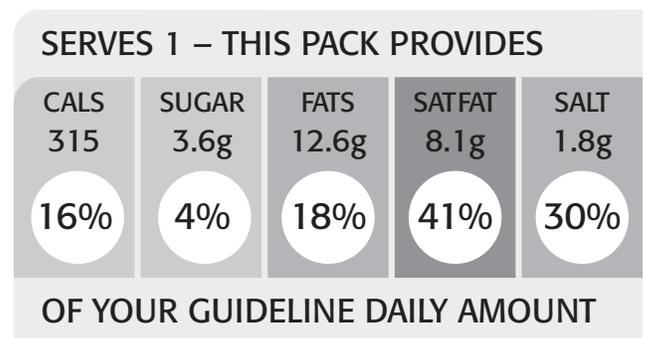


Figure 11.2 **Adding Information on Calorie Content**