

reduce *the* risk

CANCER RESEARCH UK



The following information provides you with some simple advice for understanding food labels.

	per 100g	
	a lot	a little
Sugars	10g	2g
Fat	20g	3g
Saturated fat	5g	1g
Fibre	3g	0.5g
Salt	1.25g	0.25g
Sodium	0.5g	0.1g

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**WEIGHT CONCERN**

FIGHTING OBESITY WITH KNOWLEDGE

Look for the following information on food labels to make healthy choices:

### **Snacks**

Less than 3g fat  
and less than 8g sugar per serving

### **Breakfast cereals**

Less than 5g fat  
and less than 10g sugar per 100g

### **Ready meals**

Less than 10g fat  
and less than 350kcal per portion

### **Pre-packed sandwiches**

Less than 6g fat  
and less than 280kcal per sandwich pack

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

[www.weightconcern.org.uk](http://www.weightconcern.org.uk)