



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

	Sugars	Fat	Saturated Fat	Salt
What is high per 100 g	over 15g	over 20g	over 5g	over 1.5g
What is medium per 100 g	between 5g and 15g	between 3g and 20g	between 1.5g and 5g	between 0.3g and 1.5g
What is low per 100 g	5g and below	3g and below	1.5g and below	0.3g and below

Based on information supplied by the Food Standards Agency



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

www.weightconcern.org.uk