



Information Sheet 7 – Food labels - Guide

Guide to food labeling – per 100 g of food

A lot

10g of sugars
20g of fat
5g of saturates
3g of fibre
1.25g of salt
0.5g of sodium

A little

2g of sugars
3g of fat
1g of saturates
0.5g of fibre
0.25g of salt
0.1g of sodium

- For foods you eat in large amounts, like ready meals, look at the ‘amount per serving’.
- For snacks and other foods you eat in smaller amounts look at the ‘per 100g’ information.

Use the table to work out how much of each nutrient is in each food.

The most important nutrients to look out for are sugar, fat and salt.

Guide to food labeling – per 100 g of food

A lot

10g of sugars
20g of fat
5g of saturates
3g of fibre
1.25g of salt
0.5g of sodium

A little

2g of sugars
3g of fat
1g of saturates
0.5g of fibre
0.25g of salt
0.1g of sodium

- For foods you eat in large amounts, like ready meals, look at the ‘amount per serving’.
- For snacks and other foods you eat in smaller amounts look at the ‘per 100g’ information.

Use the table to work out how much of each nutrient is in each food.

The most important nutrients to look out for are sugar, fat and salt.