

Understanding Food Labelling



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Why Do We Need Labels on Our Food?



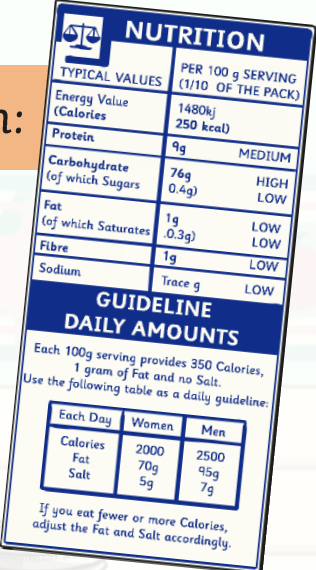
Discuss with a partner. Be prepared to share your reasons



Food Labelling

Food labels in the UK must contain the following information:

- Name of food
- Mass (weight or volume)
- 'Use by' and 'best before' dates
- How to store the food
- How to prepare the food
- Details of the person or company who either made, packed or is selling the product
- The country where the food was produced
- Ingredients
- Any of the 14 most common allergens
- Nutritional information



NUTRITION

TYPICAL VALUES	PER 100 g SERVING (1/10 OF THE PACK)	
Energy Value (Calories)	1480kJ 250 kcal	
Protein	9g	MEDIUM
Carbohydrate (of which Sugars)	76g 0.4g	HIGH LOW
Fat (of which Saturates)	1g 0.3g	LOW LOW
Fibre	1g	LOW
Sodium	Trace g	LOW

GUIDELINE DAILY AMOUNTS

Each 100g serving provides 350 Calories,
1 gram of Fat and no Salt.
Use the following table as a daily guideline:

Each Day	Women	Men
Calories	2000	2500
Fat	70g	95g
Salt	5g	7g

If you eat fewer or more Calories,
adjust the Fat and Salt accordingly.

Food Allergies

- Do you know anyone with a serious food allergy?

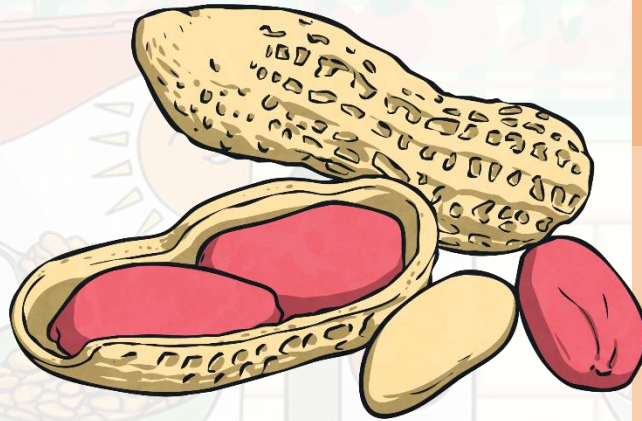


- How do you think food labels help people with food allergies?



Most Common Food Allergens

- Cereals, e.g. wheat, barley, etc.
- Crustaceans, e.g. prawns, crabs, etc.
- Fish
- Peanuts
- Eggs
- Nuts
- Mustard
- Milk
- Celery
- Soya beans
- Sesame seeds
- Sulphur dioxide and sulphites – used to preserve foods
- Lupin – a garden flower that is used in some foods
- Molluscs, e.g. octopus, squid, etc.



Food labels have to show any of the 14 most common food allergens in bold in their ingredient list.



Pork Sausages

Ingredients: Pork (85%) Water, Breadcrumbs (**Wheat Flour**, Calcium carbonate, Iron, Yeast, Salt) Black Pepper, Salt, Sage, Parsley, Onion, Preservative (**Sodium metabisulphite**) Coriander, Antioxidant (Ascorbic acid)

Allergy Advice: For allergens see ingredients in **bold**.

Healthy Choices

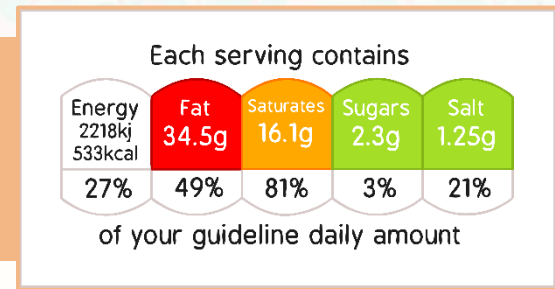
But food labels don't just protect people, they also are meant to inform people, to help them make healthy food choices.



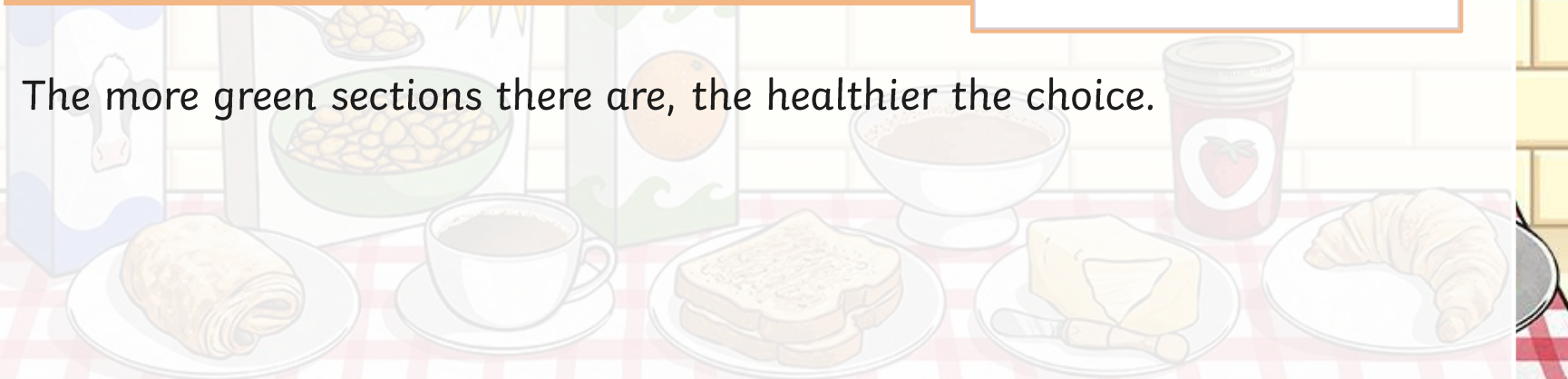
Traffic Light System

In the last few years, a new traffic light system for food labels has been brought in to help people make healthier choices.

Green – healthy choice, can be eaten all the time.
Amber – medium, can be eaten most of the time.
Red – high, should only be eaten sometimes.



The more green sections there are, the healthier the choice.

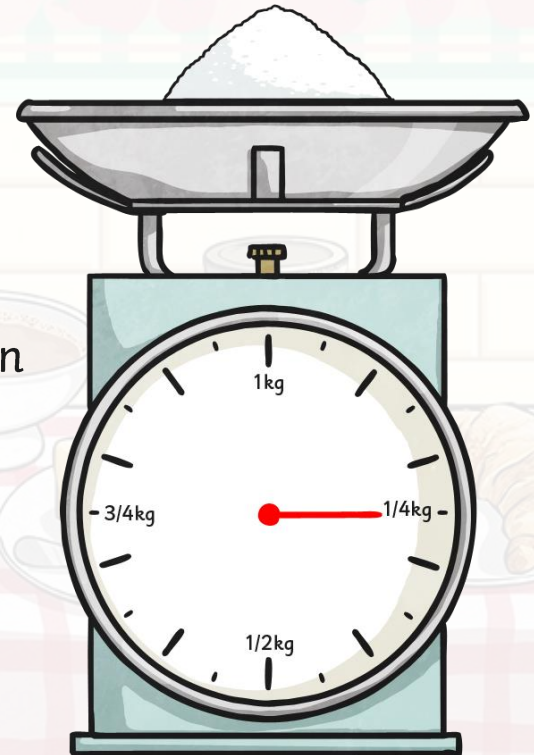


Traffic Light System

The traffic light system shows whether or not the food product is high or low in:

- Fat
- Saturated fat
- Sugars
- Salt

For example, sugars will be shown as red (high) if the product contains more than 22.5g of sugar per 100g. It will be green (low) if there is less than 5g of sugar per 100g.



Nutrition Labels

These are a more detailed look at the nutritional value of the food product.

These are the advised amounts an average adult woman should eat.

Saturated fat is the worst type of fat. It is bad for people in high quantities.

Nutrition	100g contains	Each slice (typically 50g) contains	% Reference intake for an average adult	Reference intake for an average adult
Typical values	100g contains	Each slice (typically 50g) contains	% Reference intake for an average adult	Reference intake for an average adult
Energy	1046kJ 250kcal	523kJ 125kcal	6%	8400kJ 2000kcal
Fat	2.8g	1.4g	2%	70g
Of which saturates	1.6g	0.8g	4%	20g
Carbohydrates	38g	19g	7%	At least 260g
Of which sugars	5g	2.5g	3%	90g
Fibre	3.0g	1.5g		
Protein	6.4g	3.2g	6%	50g
Salt	2.0g	1.0g	17%	6g

Too much salt can lead to a high blood pressure.

Compare

Look at these two cereals and decide which you think is a healthier choice and why.

Nutrition	100g contains	Per serving (30g)	% Reference intake for an average adult	Reference intake for an average adult
Typical values	100g contains	Per serving (30g)	% Reference intake for an average adult	Reference intake for an average adult
Energy	1905kJ 454kcal	950kJ 136kcal	11%	8400kJ 2000kcal
Fat	16g	4.8g	11%	70g
Of which saturates	3g	0.9g	8%	20g
Carbohydrates	63g	19.2g	12%	At least 260g
Of which sugars	25g	7.8g	14%	90g
Fibre	8.2g	2.5g		
Protein	10g	3g	10%	50g
Salt	<0.1g	<0.1g	<1%	6g

Nutrition	Per 100g	Per serving 30g	% Reference intake for an average adult	Reference intake for an average adult
Typical values	Per 100g	Per serving 30g	% Reference intake for an average adult	Reference intake for an average adult
Energy	1536kJ 367kcal	460kJ 110kcal	6%	8400kJ 2000kcal
Fat	7g	2g	3%	70g
Of which saturates	1.3g	0.4g	2%	20g
Carbohydrates	73g	22g	8%	At least 260g
Of which sugars	3.3g	1g	1%	90g
Fibre	10g	3g		
Protein	13g	4g	8%	50g
Salt	9g	2.7g	45%	6g

Making Choices

Next time you are choosing something to eat, remember to look at the food label!

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Sodium	Trace g LOW

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