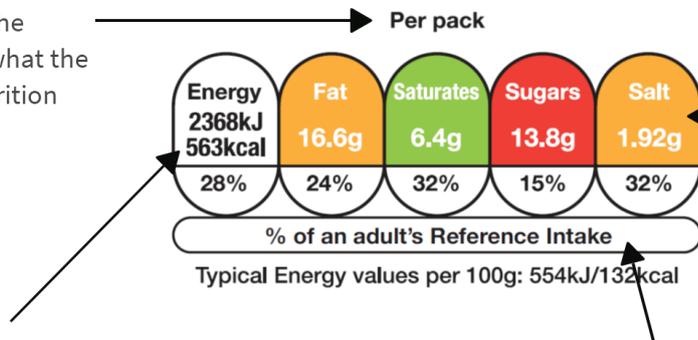


Know your label

Checking the nutrition label is a good way to compare products, make healthier choices and eat a balanced diet

KNOW YOUR PORTIONS

Check the pack for the portion size, this is what the numbers on the nutrition label are based on.



KNOW YOUR COLOURS

The red, amber and green colours show at a glance whether a product is high, medium or low for fat, saturates, sugars or salt.

KNOW YOUR CALORIES

To make the choice that is right for you, use the calorie information to compare products.

KNOW YOUR DAILY ALLOWANCE

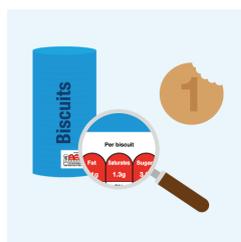
Reference Intake (RI) has replaced the term Guideline Daily Amount or GDA



Colours

The red, amber and green colours show at a glance whether a product is high, medium or low for fat, saturates, sugars or salt. For a healthier choice choose products with more greens and fewer reds.

You don't have to avoid all foods with a red colour on the nutrition label but eating fewer reds and less often can help you achieve a healthier diet.



Portions

If you are eating more or less than the portion size shown, you need to adjust the numbers shown on the nutrition label.



Calories

Check the pack for the number of calories there are in a portion and 100g of a food or 100ml of drink.

The average woman needs 2,000 calories per day, the average man 2,500 and children fewer than 2,000 depending on their age.

You'll usually see two values on labels, kcal and kJ, but look out for kcal or calories.



Daily Allowance

Use the percentages on the nutrition label to track whether you're under or over your daily allowance (known as a Reference Intake or RI).

Aim to stay below 100% of your daily allowance (RI) for calories, fat, saturates, sugars and salt when you add up everything you consume in a day.

The daily allowances (RI) are recommended by an independent panel of scientific experts and endorsed by the Department of Health.



For more information and free resources visit:

igd.com/healthyeating