



Food Facts

Understanding the Food Label

The nutrition panel on the label of most foods and drinks can provide useful information about their nutrition content. Amounts are given per 100g of food and may also be provided per serving of the product, so you can work out how much energy, protein, fat and sugar you will be getting. Some labels give even more information, for example different types of fat, dietary fibre and sodium.

Figure 1: Nutrition Information Panel

| NUTRITIONAL INFORMATION | | |
|---|-----------------|-------------------|
| TYPICAL VALUES (cooked as per instructions) | | |
| | Per Flan | Per 100g |
| ENERGY | 1462 kJ | 975 kJ |
| | 351 kcal | 234 kcal |
| PROTEIN | 9.0 g | 6.0 g |
| CARBOHYDRATE | 28.2 g | 18.8 g |
| Of which sugars | 3.0 g | 2.0 g |
| Of which starch | 25.2 g | 16.8 g |
| FAT | 22.3 g | 14.0 g |
| Of which saturates | 7.6 g | 5.1 g |
| Of which monounsaturates | 10.9 g | 7.3 g |
| Of which polyunsaturates | 2.7 g | 1.8 g |
| FIBRE | 1.6 g | 1.1 g |
| SODIUM | 0.6 g | 0.4 g |
| PER FLAN | 351 kcal | 22.3 g fat |

Figure 2: Guideline Daily Amounts

| GUIDELINE DAILY AMOUNT | | |
|--|-------|------|
| EACH DAY | Women | Men |
| CALORIES | 2000 | 2500 |
| FAT | 70 G | 95 G |
| SALT | 5 G | 7 G |
| OFFICIAL GOVERNMENT FIGURES FOR AVERAGE ADULTS | | |

What Does The Nutrition Information Mean?

ENERGY: can be expressed as kJ (kilojoules) or as kcal (kilocalories).

Strictly speaking, a kilocalorie is equivalent to 1000 calories, but in everyday language, the term 'calorie' tends to be used for both measures.

CARBOHYDRATE: includes both sugars and starches. The figure given for sugars includes both added sugar and natural sugar (e.g fruit sugar)

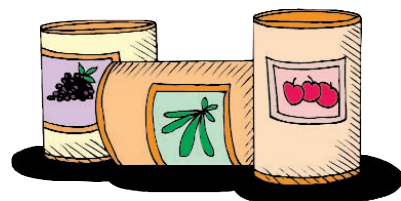
FAT: There are 3 main types of fats listed on food labels; saturates, polyunsaturates and monounsaturates. The label will show the total amount of fat, and may provide information on the different types as well.

Health Claims: What Do They Mean?

To help you choose lower fat and lower sugar options more easily, look for the nutrition claims such as -

- Low fat - indicates the food contains less than 3g fat per 100g / 100ml of the food.
- Reduced fat - the food must contain 25% less fat than a similar standard product, it does not mean the product is 'low fat'.
- Less than 5% fat (or 95% fat free)- indicates the food contains less than 5g fat per 100g, for example if you bought a ready meal which had this claim and the serving size was 400g then the whole meal would contain 20g fat. Use these claims as a guide and always check the nutrition panel for the total amount of fat in a serving and compare this with the guideline daily amount.
- x% Less fat than the standard product - shows the fat reduction made to a product compared to a standard named product e.g. 20% less fat than a comparable product. This type of claim can help you choose lower fat options, however, always check to see how much fat the product contributes to your guideline daily amount - it may still be high in fat
- No added sugar - no sugars from any source have been added. May still contain a lot of natural sugar e.g. fruit sugar in fruit juice
- Low Sugar - contains no more than 5g of sugar per 100g / 100ml of food
- Reduced sugar - must contain 25% less sugar than the regular product

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