



# Nutrition facts labels

Helping you make **healthier** shopping choices

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# How to read food labels

- There are many information on a product
- The aim is not to make our life difficult, on the contrary to understand the product more
- When you buy an item from a shop what do you look at usually?





# What is on a food cover?

- Name / brand
- Storage instruction
- Production and expiry date
- Country of manufacture
- Name and address of manufacturer
- List of ingredient
- Additives: E numbers
- Nutrition fact
- Nutrients claim





# Avoid buying

- Expired products
- Cans that are rusty or swollen
- Sometimes same products are sold in bunch at a cheaper rate than usual .... Check why??
  - If you can consume it within the expiry date buy it.
  - if not DO NOT BUY it even if it turns you on and it s cheaper



# Make a smart choice

Look for :

- Foods that are a good source of:
  - Fiber: slowly digested and make us feel full longer
    - Soluble: partially digested , help in reducing cholesterol (oats, pulses, lentils, beans)
    - Insoluble: not digested, goes through gut and help food and waste products move through the gut more easily. (relief constipation). Found in whole grain bread, brown rice, F & V
  - Ca, iron, vit C
- Compare fat & calories
- Choose low sodium (Na): consume < 6 g of salt or average of 2.5 g of sodium (Na)
- Chose low sat fat and trans fat



# List of ingredients

- Describes the products
- State the ingredients
  - Ing are listed in descending order by weight
- Very important for people with allergies and for vegetarians

# Nutrition fact label

How many are you actually eating??

Start here

Check the total calories per serving

AIM LOW

Limit these nutrients

AIM HIGH

Get enough of these nutrients

Important: let it be your guide

Quick Guide to % Daily Value:  
5% or less is low  
20% or more is high

## Nutrition Facts

Serving Size 1 slice (47g)  
Servings Per Container 6

### Amount Per Serving

<b>Calories</b> 160	Calories from Fat 90	
		<b>% Daily Value*</b>
<b>Total Fat</b> 10g		15%
Saturated Fat 2.5g		11%
<i>Trans Fat</i> 2g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 300mg		12%
<b>Total Carb</b> 15g		5%
Dietary Fiber less than 1g		3%
Sugars 1g		
<b>Protein</b> 3g		
Vitamin A 0%	Vitamin C 4%	
Calcium 45%	Iron 6%	
Thiamin 8%	Riboflavin 6%	
Niacin 6%		

Cut back if you're watching your wt!

%DV

<5% is low

>20% is high

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Low-fat granola, 1/2 c	
<b>Calories</b> 190	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	5%
Saturated Fat 0.5g	1%
<b>Cholesterol</b> 0mg	0%

Crispy oat bran, 1/2 c	
<b>Calories</b> 130	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 1.5g	8%
<b>Cholesterol</b> 0mg	0%

Buttery crackers, 4 crackers	
<b>Calories</b> 80	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%

Fried rice, 1/2 c*	
<b>Calories</b> 140	Calories from Fat 65
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 1g	5%
<b>Cholesterol</b> 20mg	7%

## Nutrition Facts

Amount Per Serving

A home-made waffle	
<b>Calories</b> 220	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	17%
Saturated Fat 2g	10%
<b>Cholesterol</b> 50mg	17%



A dinner roll	
<b>Calories</b> 80	Calories from Fat 3
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%

Fettuccine alfredo, 1/2 c	
<b>Calories</b> 250	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	22%
Saturated Fat 8g	16%
<b>Cholesterol</b> 60mg	20%

A breakfast bar	
<b>Calories</b> 150	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	9%
Saturated Fat 2.5g	12%
<b>Cholesterol</b> 0mg	0%

A muffin	
<b>Calories</b> 170	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 1.5g	8%
<b>Cholesterol</b> 25mg	8%

A biscuit	
<b>Calories</b> 190	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	14%
Saturated Fat 2.5g	13%
<b>Cholesterol</b> 0mg	0%

A croissant	
<b>Calories</b> 260	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	25%
Saturated Fat 10g	50%
<b>Cholesterol</b> 50mg	17%

\*The fat content of fried rice varies by preparation method.

Red indicates higher fat content that warrant moderation in their use. Green indicates lower-fat choices.

## Nutrition Facts

Amount Per Serving



Fat-free, skim, zero-fat, no-fat, or nonfat milk, 8 oz (<0.5% fat by weight)

<b>Calories</b> 90	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 5mg	2%

Low-fat milk, 8 oz (1% fat by weight)

<b>Calories</b> 110	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1.5g	8%
<b>Cholesterol</b> 15mg	5%

Low-fat cheddar cheese, 1.5 oz

<b>Calories</b> 70	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	5%
Saturated Fat 2g	10%
<b>Cholesterol</b> 10mg	3%

Strawberry yogurt, 8 oz

<b>Calories</b> 250	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 2.5g	13%
<b>Cholesterol</b> 15mg	5%

Whole milk, 8 oz (3.3% fat by weight)

<b>Calories</b> 150	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	12%
Saturated Fat 5g	25%
<b>Cholesterol</b> 35mg	12%

Reduced fat, less-fat milk, 8 oz (2% fat by weight)

<b>Calories</b> 120	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
<b>Cholesterol</b> 20mg	7%

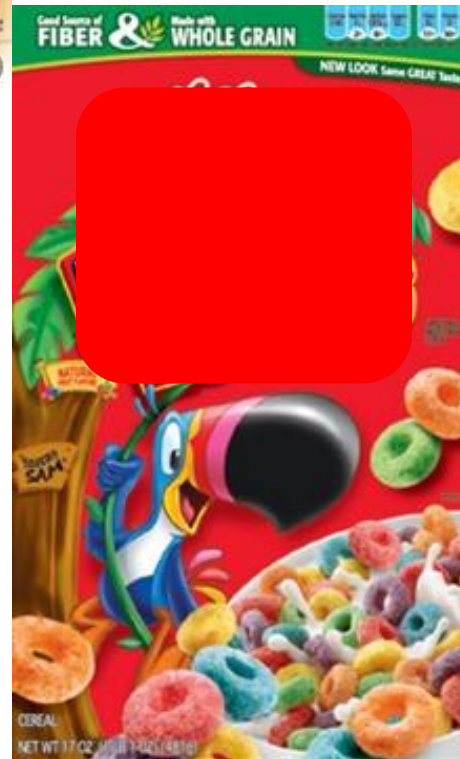
Cheddar cheese, 1.5 oz

<b>Calories</b> 170	Calories from Fat 130
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	22%
Saturated Fat 9g	45%
<b>Cholesterol</b> 45mg	15%

Low-fat strawberry yogurt, 8 oz

<b>Calories</b> 200	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1.5g	8%
<b>Cholesterol</b> 15mg	5%

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# Nutrition Facts

Serving Size 1/3 Cup (30g/1.1 oz.)  
Servings Per Container About 17

Amount Per Serving	Cereal	Cereal with 1/2 Cup Fat Free Milk
<b>Calories</b>	70	110
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat</b> 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 200mg	8%	11%
<b>Potassium</b> 300mg	9%	14%
<b>Total Carbohydrate</b> 24g	8%	10%
Dietary Fiber 13g	51%	51%
Soluble Fiber 0g		
Insoluble Fiber 10g		
Sugars 8g		
Other Carbohydrate 3g		
<b>Protein</b> 2g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Vitamin B12	100%	110%
Phosphorus	15%	25%
Magnesium	15%	20%
Zinc	10%	15%
Copper	6%	6%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHEAT BRAN, SUGAR, PSYLLIUM SEED HUSK, OAT FIBER, HIGH FRUCTOSE CORN SYRUP, SALT, BAKING SODA, CARAMEL COLOR, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, VITAMIN B12, VITAMIN D, BHT (PRESERVATIVE), ANNATTO COLOR.

# Nutrition Facts

Serving Size 1 Cup (28g/1.0 oz.)

Amount Per Serving	Cereal	Cereal with 1/2 Cup Fat Free Milk
<b>Calories</b>	100	140
Calories from Fat	0	0
	<b>% Daily Value**</b>	
<b>Total Fat</b> 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 200mg	8%	11%
<b>Potassium</b> 25mg	1%	7%
<b>Total Carbohydrate</b> 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Other Carbohydrate 21g		
<b>Protein</b> 2g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, IRON, NIACINAMIDE, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B12 AND VITAMIN D. TO MAINTAIN QUALITY, BHT IS ADDED TO PACKAGING.

# Nutrition Facts

Serving Size 1 Cup (29g/1.0 oz.)

Amount Per Serving	Cereal	Cereal with 1/2 Cup Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat</b> 1g*	2%	2%
Saturated Fat 0.5g	1%	3%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 135mg	6%	9%
<b>Potassium</b> 35mg	1%	7%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 3g	11%	11%
Sugars 12g		
Other Carbohydrate 10g		
<b>Protein</b> 1g		

Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, SOLUBLE CORN FIBER, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF COCONUT, SOYBEAN AND/OR COTTONSEED OIL), SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME AND OTHER NATURAL FLAVORS, RED #40, BLUE #2, TURMERIC COLOR, YELLOW #6, ZINC OXIDE, ANNATTO COLOR, BLUE #1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D, VITAMIN B12.

# Nutrition Facts

Serving Size 1 Cup (28g/1.0 oz.)

Amount Per Serving	Cereal	Cereal with 1/2 Cup Fat Free Milk
<b>Calories</b>	100	140
Calories from Fat	5	5
	<b>% Daily Value**</b>	
<b>Total Fat</b> 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 130mg	5%	8%
<b>Potassium</b> 35mg	1%	7%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 3g	10%	10%
Sugars 12g		
Other Carbohydrate 10g		
<b>Protein</b> 1g		

Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, SOLUBLE CORN FIBER, SALT, MILLED CORN, DRIED APPLES, APPLE JUICE CONCENTRATE, CORNSTARCH, CINNAMON, NATURAL ORANGE AND ARTIFICIAL FLAVOR, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), MODIFIED CORN STARCH, YELLOW #6, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, TURMERIC COLOR, BAKING SODA, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), BLUE #1, CALCIUM PHOSPHATE, RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), RED #40, VITAMIN A PALMITATE, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D, VITAMIN B12.



## Nutrition Facts

Serving Size  $\frac{2}{3}$  Cup (55g/2.0 oz.)  
 Servings Per Container About 8

Amount Per Serving	Cereal	Cereal with $\frac{1}{2}$ Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	200	240
Calories from Fat	25	25

	% Daily Value**	
<b>Total Fat</b> 3g*	<b>5%</b>	<b>5%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>	<b>10%</b>
<b>Potassium</b> 240mg	<b>7%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>	<b>15%</b>
Dietary Fiber 4g	<b>16%</b>	<b>16%</b>
Sugars 17g		
Other Carbohydrate 19g		
<b>Protein</b> 5g		

Vitamin A	6%	10%
Vitamin C	0%	2%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	4%	15%
Vitamin E	25%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	100%	100%
Folic Acid	100%	100%
Vitamin B <sub>12</sub>	100%	110%
Pantothenate	25%	30%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	6%	10%
Copper	4%	6%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHOLE BARLEY, WHOLE OATS, RAISINS, WHOLE WHEAT, DATES, MILLED CORN, ALMONDS, RICE, BROWN SUGAR, SUGAR, PARTIALLY HYDROGENATED SOY-BEAN OIL, MALT FLAVORING, SALT, HIGH FRUCTOSE CORN SYRUP, DISTILLED MONOGLYCERIDE, ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, REDUCED IRON, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B<sub>12</sub>, AND VITAMIN D.

**CONTAINS WHEAT AND ALMOND INGREDIENTS**



# When you think calories

In a 2000 calorie diet:

- 40 calories/serving - low
- 100 calories/serving - moderate
- 400 calories/serving - high



# Nutrients health claims guidelines

## If a food claims to be

- Calorie free
- Low calories
- Sugar free / Fat free
- Low fat
- Reduced fat
  
- Low in saturated fat

## This means 1 serving contains

- Less than 5 calories
- < 40 cal
- < 0.5 g
  
- 3g of fat or less
- 25% less fat than the regular product
  
- < 1 g of sat fat & NO MORE than 15% of cal coming from sat fat.



# Nutrients claim

## If a food claims to be

- Lean
- Extra lean
- light

## This means 1 serving contains

- Less than 10g of fat (4.5 g SF)
- Less than 5 g of fat (2g of SF)
- 1/3 less calorie than the regular one
- 1/2 the sodium of the regular product



# Nutrients claim

## If a food claims to be

- Cholesterol free
- Low cholesterol
- Reduced cholesterol

## This means 1 serving contains

- <2 mg of cholesterol & < 2 g SF
- <20 mg cholesterol & <2 g of SF
- 25 % less cholesterol than the regular & < 2g of SF



# Nutrients claim

## If a food claims to be

- Sodium free or no sodium (Na)
- Very low sodium
- Low sodium
- Reduced or less sodium

## This means 1 serving contains

- < 5 mg and no NaCl in ingredients
- < 35 mg Na
- <140 mg Na
- At least 25% less Na than the regular product



# Nutrients claim

If a food claims to be

- High fiber
- Good source of fiber

This means 1 serving contains

- > 5 g
- 2.5 to 4.9 g of fiber



# Nutrients claim

## If a food claims to be

- A good source of ...
- High in ...

## This means 1 serving contains

- >10% DV of a vitamin or mineral
- >20% of DV of a vitamin or mineral



## To remember....

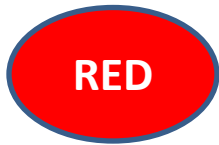
- Free
  - Food has the least possible amount of nutrient X
- Very low and low
  - Has little more than “free”
- Reduced or less
  - 25 % less of that nutrient compared to regular version



# Traffic lights!

## UK

### Food standard agency



### Meaning

**HIGH**

Food is high in Na, fat, or sugar



**MEDIUM**

Ok choice



**LOW**

Healthier choice!

# Food shopping card (FSA)

Sugar

Fat

Saturates

Salt

What is **high**  
per 100g

> 15g

> 20 g

> 5g

> 1.5 g

What is  
**medium** per  
100 g

5 – 15 g

3 – 20 g

1.5 – 5 g

0.3 – 1.5 g

What is **low**  
per 100 g

< 5 g

< 3 g

< 1.5 g

< 0.3 g

If your shopping doesn't have traffic light colours you can still tell the levels by using this handy card. Remember the label shows you the amount of total sugars, so although some products may be high for sugars they can be healthier choices if they contain lots of fruit. You can tell by checking the ingredients list.


## Food Shopping Card

**Check how much fat, sugar and salt is in your food**

● ● ●

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is <b>MEDIUM</b> per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is <b>LOW</b> per100g	5g and below	3g and below	1.5g and below	0.3g and below





- If a label has all the colors
- Pick more green and amber and less red!

## What if 2 products have similar colours?

Traffic light labels also tell you the amount of fat, saturated fat, sugars and salt in a portion. To help you make a healthier choice, you can compare these figures and choose the one which is lower.







# Misleading labels

- It's illegal to give false or misleading info
- Some food are naturally low in fat or sugar u still find claims on them!

Sunflower oil : free from cholesterol! All plants and veg oils are free naturally from cholesterol margarine free from cholesterol but high in saturated fat which increases cholesterol level (LDL)



# False claims

- Bread or pasta : 100% whole wheat
  - Look @ ingr list 1<sup>st</sup> to the last! If it says anything like refined flour..... Claim is false
- Trans fatty acid: LDL, HDL
  - Hydrogenated/partially hydrogenated fat
  - < 0.5 g / serving “trans free”
  - How many servings are you eating?



# Marketing terms

- Pure: it can describe butter but not a veg spread with a mixture of butter and olive oil
- Natural: food should not contain artificial flavorings or additives
- Fresh: should not be used on fruit juice made from concentrate



## More to claims...

- Lite light....
- Always look at how much 100g of the items has calories or fat! One brand of chips/crisps that is “light” may contain the same amount of calories as the standard version of another brand! Read per 100 g!

## chips/crisps Nutrients in 100 g

	regular		lights		baked
	pipers	sweet thai	walkers- 33% less fat	eat well red fat, lightly salted	count on us - low SFA- baked
calories	<b>487</b>	500	<b>480</b>	460	345
CHO	49.9	54.3	61.1	59.4	73.2
sugar		3.8	2.1	0.2	1.4
fat	29	29.1	21.9	21.8	2.6
sat fat		2.7	1.9	1.9	0.4
MUFA		23	17.4	17.4	
PUFA		3.4	1.7	2.4	
trans fat					
Fiber	6.3	6.1	4.7	4.5	7.6
sodium	0.6	0.56	0.45	0.4	1
proteins	6.6	5.7	7.4	6.7	6.9

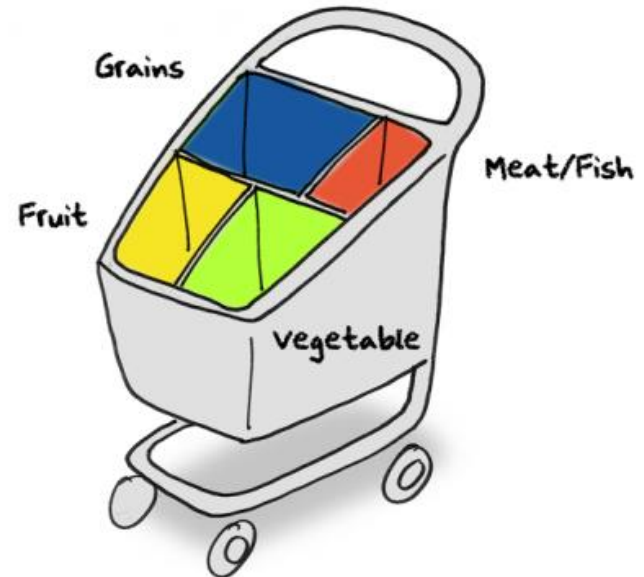
## Chocolate types Nutrients in 100 g

	regular			no sugar added		sugar free
	cadbury milk	galaxy	kit kat	cavalier	chocolat noir carefour	well naturally
calories	518	547	507	510	<b>565</b>	474
CHO	61	55.1	62	41.3	35	5.4
sugar	46	54.5		7.1	2	0.2
sweetner				32.9	30	13.9
fat	27	33.3	26	39.9	<b>41</b>	<b>43.2</b>
sat fat	15	20.5	16	21.7	<b>25</b>	<b>26.2</b>
trans fat						0.1
proteins	7.7	6.8	6	7.5	9.1	6.8



# Shopping tips

- Read & compare the label and reduce your intake of fat, sugar, sodium!
- Buy lean cuts of meat from your butcher
- Chose low fat dairy products
- Put the frozen items last and the milk and dairy
- Shop on a full stomach
- Make a list



# Slim'n lite

## Health and Diet Food Center



[www.slimandlite.com](http://www.slimandlite.com)  
[infodoha@slimandlite.com](mailto:infodoha@slimandlite.com)



# A bit of History

- Started in Lebanon
- 7 years in Qatar
- 5 years in UAE
  
- Part of Shaqab Abela Catering Services



We serve high quality food to help people:

- Lose weight
- Maintain weight
- Eat healthy
- Access suitable meals for conditions like: HTN, DB, cholesterol, TG problems



# SNL packages

- The **full meal** package
  - 3 meals
  - Sweet
  - snacks
- The **lunch** package
  - Main lunch
  - Salad
  - Fruit / sweets
  - water



# General recommendations!



Based on the information you provided, this is your daily recommended amount from each food group.

<b>GRAINS</b> 5 ounces	<b>VEGETABLES</b> 1 1/2 cups	<b>FRUITS</b> 1 1/2 cups	<b>MILK</b> 2 cups	<b>MEAT &amp; BEANS</b> 4 ounces
<p><b>Make half your grains whole</b></p> <p>Aim for at least <b>2 1/2 ounces</b> of whole grains a day</p>	<p><b>Vary your veggies</b> Aim for these amounts <b>each week:</b></p> <p><b>Dark green veggies</b> = 1 1/2 cups</p> <p><b>Orange veggies</b> = 1 cup</p> <p><b>Dry beans &amp; peas</b> = 1 cup</p> <p><b>Starchy veggies</b> = 2 1/2 cups</p> <p><b>Other veggies</b> = 4 1/2 cups</p>	<p><b>Focus on fruits</b></p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p><b>Get your calcium-rich foods</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p><b>Go lean with protein</b></p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>

**Find your balance between food and physical activity**

Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is **4 teaspoons a day.**

Limit extras—solid fats and sugars—to **170 calories a day.**

**Your results are based on a 1400 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



How to enroll?



Enjoy your healthy lunch!

*From slim'n lite*



this pizza meal features

- corn
- vanilla pudding with a chocolate sprinkle packet.

It may be fun for kids, but it also contains 23% of one's recommended daily saturated fat intake, not to mention dozens of ingredients.

A fun alternative with less saturated fat: a whole-wheat English muffin topped with tomato sauce and shredded part-skim mozzarella cheese and a handful of grapes