The following information provides you with some simple advice for understanding food labels.

<table>
<thead>
<tr>
<th></th>
<th>Sugars</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is high per 100 g</strong></td>
<td>over 15g</td>
<td>over 20g</td>
<td>over 5g</td>
<td>over 1.5g</td>
</tr>
<tr>
<td><strong>What is medium per 100 g</strong></td>
<td>between 5g and 15g</td>
<td>between 3g and 20g</td>
<td>between 1.5g and 5g</td>
<td>between 0.3g and 1.5g</td>
</tr>
<tr>
<td><strong>What is low per 100 g</strong></td>
<td>5g and below</td>
<td>3g and below</td>
<td>1.5g and below</td>
<td>0.3g and below</td>
</tr>
</tbody>
</table>

Based on information supplied by the Food Standards Agency.

In partnership with Weight Concern.
Look for the following information on food labels to make healthy choices:

**Snacks**
Less than 3g fat and less than 8g sugar per serving

**Breakfast cereals**
Less than 5g fat and less than 10g sugar per 100g

**Ready meals**
Less than 10g fat and less than 350kcal per portion

**Pre-packed sandwiches**
Less than 6g fat and less than 280kcal per sandwich pack

www.cancerresearchuk.org
www.weightconcern.org.uk

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