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

<table>
<thead>
<tr>
<th></th>
<th>Sugars</th>
<th>Fat</th>
<th>Saturates</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>Over 15g</td>
<td>Over 20g</td>
<td>Over 5g</td>
<td>Over 1.5g</td>
</tr>
<tr>
<td>Medium</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>Low</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>

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

**Adults:** 6g per day (2.4g sodium)

*To calculate salt from sodium, multiply sodium by 2.5*

**Children:**

- **Up to 6 months old:** less than 1g a day (0.4g sodium)
- **7 to 12 months:** 1g a day (0.4g sodium)
- **1 to 3 years:** 2g a day (0.8g sodium)
- **4 to 6 years:** 3g a day (1.2g sodium)
- **7 to 10 years:** 5g a day (2g sodium)
- **Children over 11 years:** 6g a day (2.4g sodium)

[www.which.co.uk/campaigns](http://www.which.co.uk/campaigns)  [www.eatwell.gov.uk](http://www.eatwell.gov.uk)