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

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

*Based on information supplied by the Food Standards Agency*
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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