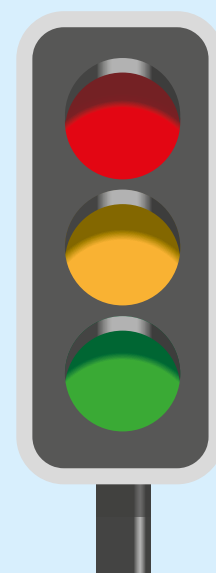


Guide to Traffic Light Labelling

The Traffic Light Labelling Scheme allows you to see at a quick glance nutritional content of the product or recipe. Research shows that even small changes to the diet can have an impact on your health and spread over the week it will become significant.

To put into context the criteria for 100g of food is:

	LOW	MEDIUM	HIGH	
	Per 100g	Per 100g	Per 100g	Per portion
Fat	3.0g or less	3.0g - 17.5g	More than 17.5g	More than 21g
Saturates	1.5g or less	1.5g - 5.0g	More than 5.0g	More than 6.0g
(Total) Sugars	5.0g or less	5.0g - 22.5g	More than 22.5g	More than 27g
Salt	0.3g or less	0.3g - 1.5g	More than 1.5g	More than 1.8g



TRAFFIC LIGHTS

Details of total fat, saturated fat, sugar and salt content are categorised as low, medium or high using different colours for each. Green indicates the recipe is low in that nutrient, if the recipe's label has mainly greens it will be a healthier choice. Amber shows the recipe has a medium amount of that nutrient and can be eaten in moderation as part of a healthy balanced diet. Red colour coding doesn't mean you can't eat that food but try to keep an eye on how often you choose these foods, and portion sizes.

FAT

Fat is essential in your diet for fat-soluble vitamins and essential fatty acids the body cannot make itself. To reduce your risk of obesity and heart disease you should aim for a total intake of no more than 70g a day swapping saturated fats for unsaturated fats found in vegetable oils, nuts and oily fish. Saturated fat raises blood cholesterol, so an average man should have no more than 30g and an average woman no more than 20g per day. Foods high in saturated fat include fatty cuts of meat, sausages, butter, cream, cheese, chocolate, cakes and biscuits.

SUGAR

The reference intake for total sugars is 90g a day which includes sugars that occur naturally in whole fruits and milk, those foods we don't need to cut down on. It is regularly consuming food and drinks high in added sugars (also called "free sugars") such as sweets, cakes, biscuits and those naturally present in honey, syrups and unsweetened fruit juices that can lead to tooth decay and weight gain.

SALT

Reducing your salt intake to no more than 6g a day, which is about a teaspoonful, can help maintain normal blood pressure so lowering your risk of heart disease and stroke. As most of the salt we eat is already in everyday foods such as bread, breakfast cereals, pasta sauces and soup checking food labels can help you keep track of your intake.