

Label Reading Card

Label reading helps us to choose between different food products and keep a check on the amount of foods we eat that are high in fat, salt and added sugars.

Use the table below to help you check the amount of fat, saturated fat, sugar, salt and fibre in different food products. Remember to look at the amount per 100g.

Per 100g	Fat	Sat Fat	Sugar	Salt	Fibre
Low	3g or less	1.5g or less	5g or less	0.3g or less	0.5g or less
Medium	3g to 17.5g	1.5g to 5g	5g to 22.5g	0.3g to 1.5g	0.5g to 3g
High	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g	More than 3g

