

Traffic light label adopters

Below are some examples of labels currently in stores. Although the traffic light label designs may look different, you can still compare these foods because the companies are all using the Food Standards Agency guidelines. So when, for example, you are deciding between two pizzas, check out the colours to make a healthier choice.

Asda



Avondale



Bernard Matthews



Bombay Halwa



Booths Supermarket



Boots



Brittania Brands



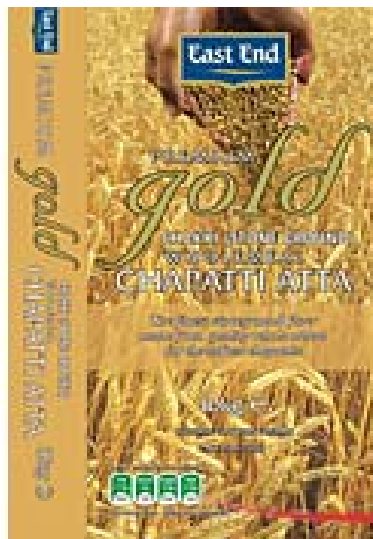
Budgens/Londis



Curry Slim



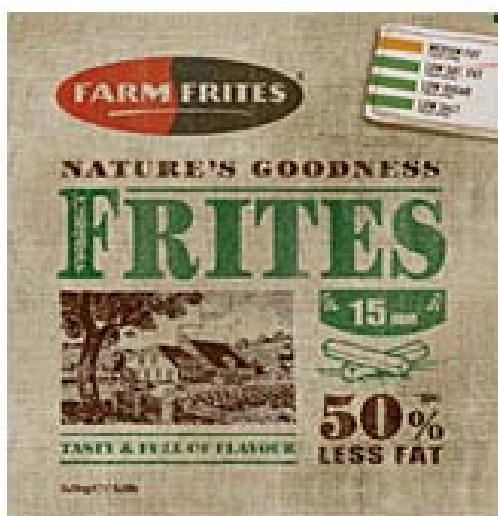
East End



East Midland Trains



Farm Frites



Fresh food kitchen



Galberts



Good Little Company



Kallo



Korkers



Lockwoods



Marks & Spencer



Mash Direct



McCain



Moy Park



New Covent Garden



Paterson Arran



Per 7 Cookies	
FAT	4.8g
SATURATED	1.1g
SUGARS	6.8g
SALT	0.1g

■ HIGH ■ MEDIUM ■ LOW

Sainsbury's



S&B Herba



Tasty Foods



The Co-operative



Virgin Trains



Vogel's



Waitrose



Whitby Seafoods



Yo! Sushi

Yo! Sushi's Nutritional & Allergen Information

Dish	Total Fat (g)	Total Cholesterol (mg)	Total Sodium (mg)	Total Protein (g)	Total Energy (kcal)	Olive Oil	Egg	Milk	Crustaceans (e.g. Shrimp)	Peas	Mustard	Soybean	Shellfish
Tamago (M)	35	1.4	0.1	0.1	141								
Fried Red Pepper (F)	12	0.17	3.0	0.7	65.5								
Salmon	1.1	0.6	0.0	0.2	1.3								
Octopus	0.7	0.0	0.0	0.2	102								
Tuna	1.3	0.2	0.0	0.2	1.3								
Seared Beef	17.2	4.2	0.0	0.0	117.7								
Prawn	0.6	0.1	0.0	0.2	4.6								
Hamachi	1.2	0.2	0.1	0.1	13.5								
Eel	0.1	2.5	0.0	0.0	14.3								
Assorted Nigiri	17	0.4	0.0	0.0	9.8								

Dish	Total Fat (g)	Total Cholesterol (mg)	Total Sodium (mg)	Total Protein (g)
Nigiri Tamago (M)	35	1.4	0.1	0.1