

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



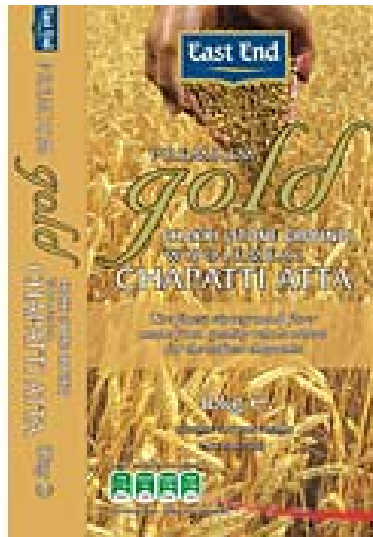
Budgens/Londis



Curry Slim



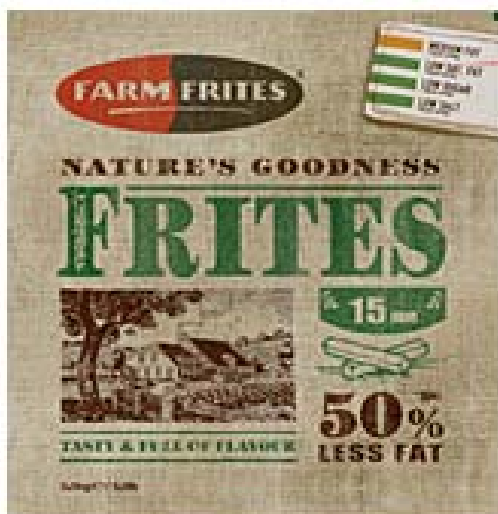
East End



East Midland Trains



Farm Frites



Fresh food kitchen



Galberts



Good Little Company



Kallo



Korkers



Lockwoods



Marks & Spencer



Mash Direct



McCain



	per 135g serving oven cooked	% of GDA
MED FAT	6.6g	9%
LOW SATURATES	0.8g	4%
LOW SUGAR	0.8g	1%
LOW SALT	0.3g	5%

Moy Park



100g contains as consumed (meat only)			
0.0g Sugar	5.7g Fat	1.6g Saturates	0.25g Salt
0%	8%	8%	4%
of your guideline daily amount			

New Covent Garden



LOW	FAT	3.9g
LOW	SAT FAT	2.4g
LOW	SUGAR	8.4g
MED	SALT	1.8g
119 CALORIES		

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)	Ovens	Eggs	Milk	Crusts, Fillings, Sauces	Peas	Nuts	Soy	Wheat	Mustard	Sesame	Shellfish
Tamago (M)	35	1.4	0.1	0.1	111											
Roasted Red Pepper (S)	12	0.1	2.0	0.2	1.3	65.5										
Salmon	1.1	0.6	0.0	0.2	1.3	49										
Octopus	0.7	0.0	0.0	0.2	132	91										
Tuna	1.3	0.2	0.0	0.2	1.3	49										
Seared Beef	17.2	4.2	0.0	0.0	31.7	104										
Prison	0.0	0.1	0.0	0.2	4.6	95										
Himachi	1.2	0.2	0.1	0.1	13.5	102										
Eel	0.1	2.5	0.0	0.0	14.3	100										
Assorted Nigiri	1.7	0.4	0.0	0.0	9.8	93										

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