Interpreting nutrition information on labels
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

- **Fruit and vegetables**
- **Bread, rice, potatoes, pasta, and other starchy foods**
- **Meat, fish, eggs, beans, and other non-dairy sources of protein**
- **Foods and drinks high in fat and/or sugar**
- **Milk and dairy foods**

Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland
Making healthy food choices – the label link

Food labels give information that allows the consumer to compare one food with another and make wise food choices within each food group.

For example, the consumer can use labels to choose:

- a ham sandwich with a higher fibre and lower salt content
- a pizza with lower salt content
- a cheddar cheese with lower fat content
- a breakfast cereal with a higher fibre and lower sugar content.
Most of the big supermarkets and many food manufacturers display nutritional information on the front of pre-packed food – this is referred to as Front of Pack labelling (FoP).

- FoP labelling is not mandatory (not required by law)
- It is very useful for comparing similar food products at a glance

**Traffic light labelling**

<table>
<thead>
<tr>
<th>LOW FAT</th>
<th>LOW SAT FAT</th>
<th>HIGH SUGAR</th>
<th>MED SALT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.7g</td>
<td>2.0g</td>
<td>42.2g</td>
<td>2.0g</td>
</tr>
<tr>
<td>Per serve</td>
<td>Per serve</td>
<td>Per serve</td>
<td>Per serve</td>
</tr>
</tbody>
</table>

**Per pack provides...**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Sugar</th>
<th>Fat</th>
<th>Saturates</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>286</td>
<td>2g</td>
<td>8g</td>
<td>3.6g</td>
<td>1.5g</td>
</tr>
<tr>
<td>14%</td>
<td>2.2%</td>
<td>11%</td>
<td>18%</td>
<td>25%</td>
</tr>
</tbody>
</table>

of your guideline daily amount

**Guideline Daily Amount**
GCE Topic 3
Interpreting nutrition information on labels

Front of Pack (FoP) labelling

Pick the healthier option

Pizza
Thin & Crisply Cajun Chicken

![Pizza Nutrition](image)

Italian Pepperoni

![Pizza Nutrition](image)

Breakfast Cereals
Shredded Wheat

![Cereal Nutrition](image)

Coco Pops

![Cereal Nutrition](image)

Each 45g serving with 125ml semi skimmed milk contains

Of your guideline daily amount

Q. Name the two types of Front of Pack labelling systems shown here
Traffic light labelling

Developed by the Food Standards Agency

Compare these two labels found on oven chips and discuss

<table>
<thead>
<tr>
<th></th>
<th>FAT</th>
<th>SAT FAT</th>
<th>SUGAR</th>
<th>SALT</th>
<th>CALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIGH</td>
<td>22.1g</td>
<td>9.7g</td>
<td>0.7g</td>
<td>0.7g</td>
<td>342</td>
</tr>
<tr>
<td>32%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

% of your Guideline Daily Amount
Per 135g serving Oven Cooked

<table>
<thead>
<tr>
<th></th>
<th>FAT</th>
<th>SAT FAT</th>
<th>SUGAR</th>
<th>SALT</th>
<th>CALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MED</td>
<td>5.1g</td>
<td>0.8g</td>
<td>0.8g</td>
<td>0.8g</td>
<td>252</td>
</tr>
<tr>
<td></td>
<td>7%</td>
<td>4%</td>
<td>1%</td>
<td>14%</td>
<td>13%</td>
</tr>
</tbody>
</table>

% of your Guideline Daily Amount
Per 165g serving Oven Cooked
### Guideline Daily Amounts (GDAs)

Developed by the Institute of Grocery Distribution

<table>
<thead>
<tr>
<th>Number of calories</th>
<th>Grammes of sugar</th>
<th>Grammes of fat</th>
<th>Of which saturates</th>
<th>Grammes of salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>286</td>
<td>2g</td>
<td>8g</td>
<td>3.6g</td>
<td>1.5g</td>
</tr>
</tbody>
</table>

**Per pack provides...**

- Calories: 14%
- Sugar: 2.2%
- Fat: 11%
- Saturates: 18%
- Salt: 25%

of your guideline daily amount
How to calculate GDAs

Information on GDAs and the contribution a nutrient makes towards a GDA (expressed as a percentage) can usually be found on the back or side of packaging. The percentage GDA is sometimes repeated on the front of the pack.

**GDA values for adults and children**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Adult Man</th>
<th>Adult Woman</th>
<th>Children*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>2500 calories</td>
<td>2000 calories</td>
<td>1800 calories</td>
</tr>
<tr>
<td>Sugar</td>
<td>120g</td>
<td>90g</td>
<td>85g</td>
</tr>
<tr>
<td>Fat</td>
<td>95g</td>
<td>70g</td>
<td>70g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>30g</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td>Salt</td>
<td>6g</td>
<td>6g</td>
<td>4g</td>
</tr>
</tbody>
</table>

*5–10 years old

**Calculation**

\[
\text{Amount of Nutrient} \times 100 \quad \text{GDA value}
\]
Fortified foods

Fortified food has micronutrients (essential trace minerals and vitamins) added to it.

Flour and margarine have to be fortified by law.

Although it doesn’t have to be stated on the label, flour in the UK must be fortified with the following:

- calcium carbonate
- iron
- thiamin (vitamin B1)
- nicotinic acid or nicotinamide.
Responsible food advertising – nutrient profiling model

The Food Standards Agency (FSA) developed a nutrient profiling model to distinguish foods that were high in fat, salt or sugar from those which were not.

The model was developed as a tool to differentiate foods that were high in fat, salt or sugar. This enabled Ofcom to improve the balance of television advertising to children by introducing restrictions on foods that are high in fat, salt or sugar, while continuing to promote healthier alternatives. Ofcom is the communication regulator for the UK. They regulate the TV and radio sectors, fixed line telecoms, mobiles, postal services, plus the airwaves over which wireless devices operate.

The nutrient profiling model was developed as a tool to address the bias towards foods that are high in fat, salt or sugar in the television promotion of foods to children. It is not intended to give dietary advice to consumers. The FSA is not promoting the model for any other use.
A new Food Information Regulation (FIR) was published in the Official Journal of the European Union (EU) on 22 November 2011.

Many of the current food labelling requirements of the Food Labelling Regulations (Northern Ireland) 1996 will remain but there are some significant changes.

The additional requirements will come in over a 3–to–5 year period.