

Session 3 – Sugar Label example

	typical values	
	Per 100g	Per serving
energy	409kJ/97kcal	205kJ/49kcal
Protein	5.1g	2.55g
carBOhydrate	12.6g	6.3g
of WhiCh suGars	12.2g	6.1g
Fat	2.4g	1.2g
of WhiCh saturates	1.6g	0.8g
fiBre	0.2g	0.1g
salt	0.13g	0.06g

You will see food labels like this on most packaged foods. These labels tell us how much fat, sugar and salt and other nutrients are in the food we eat.

	A lot of sugar	A little sugar
Total sugar, Per 100g of food	22.5g or more	5g or less
Total sugar Per 100ml of Drink	11.25g or more	2.5g or less