

## Session 4 – Fat Label example

	typical values	
	Per 100g	Per serving
energy	409kJ/97kcal	205kJ/49kcal
Protein	5.1g	2.55g
carBOhydrate of WhiCh suGars	12.6g 12.2g	6.3g 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, salt and other nutrients are in the food we eat.

	HiGh Fat	LOW Fat
Total fat, Per 100g of food	17.5g or more	3g or less