

# Can you work out what's in your food?

This box shows information written on the label



In this box, write what it means



Nutrition information shown on the label of a typical pack of sweets

	Per 100g
ENERGY	kJ 1535 kcal 365
PROTEIN	3.0g
CARBOHYDRATES	79.9g
<i>of which sugars</i>	<b>63.0g</b>
FAT	<b>2.3g</b>
<i>of which saturates</i>	<b>1.3g</b>
FIBRE	0.8g
SODIUM	<b>Trace</b>
<small>('Trace' means a tiny amount, less than 0.1g)</small>	

Is it high, medium or low?

.....

.....

.....

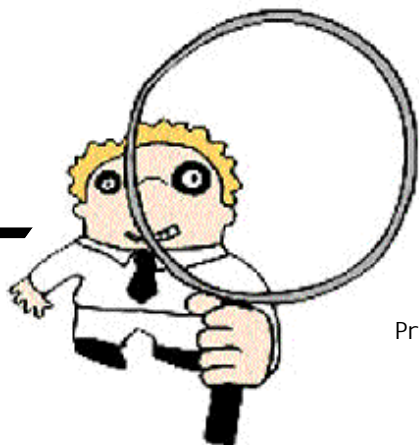
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For sugar  
High = 10g per 100g  
Low = 2g per 100g

For fat  
High = 20g per 100g  
Low = 3g per 100g

For saturated fat  
High = 5g per 100g  
Low = 1g per 100g

For sodium  
High = 0.5g per 100g  
Low = 0.1g per 100g



**TIP:** Nutrition labels are difficult to understand, so you need to learn a few tricks to work out what's in your food.