

Fitter
Futures



Warwickshire

Funded by Warwickshire County Council

Tel: **0333 005 0092**

www.fitterfutureswarwickshire.co.uk

Food label decoder

All measures as 100g/ml



	FAT	SATURATES	SUGARS	SALT
LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g