**Example of front of pack label using traffic light coloured lozenges**



* *Use the front of pack lozenges as a quick reference guide*
* *Look at the colour of the lozenge for FAT*
* *Look at the colour of the lozenge for SUGARS*
* *Ignore all numbers and percentages on all of the lozenges*
* *For more detailed information, see the Nutrition Information panel on the back or side of the pack*

**What do the colours of the lozenges mean?**



* **Green =** Low in fat or sugar: A healthy choice
* **Amber =** Medium fat or sugar content: OK most of the time
* **Red =** High fat or sugar: Choose these occasionally

**Example of back (or side) of pack nutrition information panel**

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* *Always use the per 100g column on the nutrition table instead of per portion / per serving etc.*
* *It is the easiest and most accurate way to compare different products.*
* *Use the Info per 100g to compare fat & sugar levels in different foods. Try to choose the product with the lowest grams of sugar and fat per 100g.*
* *Use the info per 100g to compare fibre levels in different foods. Try to choose the product with the most grams of fibre per 100g.*

**Example of an ingredients list**

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* *The ingredients list helps you work out how healthy a product is.*
* *Ingredients are listed in order of weight, so the main ingredients in the package are always listed first. Check the first 3 or 4 ingredients to see what’s in the recipe that you are buying.*
* *Ingredients that appear further down the list will be added in smaller amounts, but they can still be significantly high in sugar or fat.*