

Food Labels

Not all foods will fit nicely into one of the Eatwell Guide’s food categories, for example a ‘Mac and Cheese’ ready meal will contain lots of different ingredients - some good and some not. These types of food are called processed foods and so we need to use food labelling to be able to understand if it is a healthy balanced meal.



Source: Food Standards Agency

These food traffic lights help us to see very quickly if this meal is healthy and balanced. The more green the better, we should try to avoid as many red labels as possible! **Have a look at some of the foods in your house and see what areas they are high (red) or low (green) in.**

Food/Meal	Calories	Sugar	Fat	Saturated Fat	Salt