



## Understanding Food Labels

### Look at the per 100g

Using the per 100g column on the nutrition information table (instead of per portion) is the best way to compare products nutritionally. Pay attention to salt, sugar, total and saturated fat as these have the biggest bearing on cardiovascular health.

### Check your fats

Unsaturated fats found in foods like avocado, nuts, seeds, oily fish and vegetable oils, are better for your heart health. Any food containing more than 5g of saturated fat per 100g is considered high so keep consumption of these foods to a minimum.

### Beware of reduced fat claims

Lower fat products often contain added sugar as a fat substitute to maintain flavour. This doesn't make the product healthier. In some cases, it may be healthier to choose the standard fat product above the lower fat one.

### Sugar pseudonyms

Sugar can sometimes appear on labels under another name. Look for honey, syrup, molasses, nectar, fructose, sucrose, and dextrose.

### Not all foods have labels

Some foods are exempt from displaying their nutritional content, most notably any drink with an alcoholic strength above 1.2%. A pint of 4% lager has 180 calories and a 250ml glass of 13% red wine contains around 230 calories.