

Reading a Food Label

Body & health

What each line means, and the two numbers that mislead most often.

In the order worth reading them.

1

Serving size

Compare it to what you will actually eat. A 'serving' is often half a packet.

2

Per 100 g column

The only fair way to compare two products. Per-serving figures are not comparable.

3

Energy

kJ and kcal. 1 kcal $\approx$ 4.18 kJ.

4

Of which sugars

Includes both added and naturally occurring — the label does not separate them.

5

Ingredients list

Ordered by weight. If sugar is in the first three, it is a sugary product.

PER 100 G GUIDE

Sugar: high >22.5 g, low <5 g

Fat: high >17.5 g, low <3 g

Salt: high >1.5 g, low <0.3 g

Sugar appears under many names — syrup, dextrose, maltose, concentrate. Split across several, each ranks lower.