



Play your foods right

Foods and their Fat, Salt, Sugar and Saturated Fat content

Place the food items from the highest (red) to the lowest (green) in these four categories:

	High	Medium	Low
Salt	More than 1.5g	0.31g – 1.5g	0.30 g or less
Sugar	More than 15g	5.1g-15g	5g or less
Fat	More than 20g 3g or less	3.1g-20g	3g or less
Saturated fat	More than 5g	1.6g-5g	1.5g or less

Fat	/100g	Notes
Crisps	35g	Alternative – baked crisps have around 70% less fat than ordinary crisps (around 8.3g per 100g/amber traffic light)
Current bun	6g	
Dried apricot	0.6g	

Salt	/100g	Notes
Cheese	2g	Cheese is high in salt (as well as fat and saturated fat).
Pizza	0.7g	Pizza dough will contain salt, as will any cheese
Unsalted nuts	0g	If you opt for salted nuts, they will be a high salt snack (red traffic light)

Sugar	/100g	Notes
Chocolate covered biscuit	28g	
Low fat yoghurt	12g	Often low fat foods will have extra added sugar to improve taste
Vegetable samosa	2g	Savoury snack will be low in sugar, but are generally high in fat, saturated fat and salt

Saturated Fat	/100g	Notes
Chocolate	18g	Chocolate (whether milk or plain) is high in fat, saturated fat and sugar and should be eaten in moderation
Ice cream	4g	Alternative – frozen yoghurt
Apple	0g	

**FIGHT
FOR EVERY
HEARTBEAT**

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