



# WHAT THE LABEL TELLS YOU CHALLENGE READING FOOD LABELS

Use the information on food labels on your lunchtime foods and drinks to find out how many calories and how much fat, saturated fat, sugar and salt there is in each one. Add up the totals and then compare these with the reference intakes shown below.

## Nutritional counter

Food	Calories	Fat	Saturated fat	Sugar	Salt or Sodium

## Reference Intakes (RI)

Food	Energy	Fat	Saturates	Sugar	Salt or Sodium
Women	2,000kcal	70g	20g	90g	6g

RIs for calories, fat, saturates, sugars and salt are the maximum amounts you should consume in a day. The figures are based on an average sized adult woman doing an average amount of physical activity. The guideline daily amounts above are just a guide and values will vary depending, for example, on a person's age and the amount of activity they do.

**FIGHT  
FOR EVERY  
HEARTBEAT**

bhf.org.uk