

Food labelling

Presented by:
Community Dietitian

Diabetes Smart is a Healthy Wirral initiative

Diabetes
SMART

ThinkSmart ActSmart LiveSmart

NHS

Wirral Community
NHS Foundation Trust

Group ground rules

We agree to:

- treat each other with respect
- let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off

Introductions and Questions

- Share your main question if you wish

Diabetes Smart is a Healthy Wirral Initiative

INGREDIENTS

Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, **Wheat**flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

ALLERGY ADVICE

For allergens, see ingredients in **bold**

INGREDIENTS

Cereals (44%) (Whole Oats, Whole Wheat, Rice, Wheat Flour), Glucose Syrup, Raisins (9%), Sweetened Cranberries (6%) (Sugar, Cranberries), Apple Juice Concentrate, Humectant: Glycerol, Sunflower Oil, Sugar, Skimmed Milk Powder, Sweetened Blackcurrants (1%) (Blackcurrants, Apple Juice Concentrate, Lemon Juice Concentrate), Milk Whey Powder, Sweetened Blueberries (1%) (Blueberries, Apple Juice Concentrate, Lemon Juice Concentrate), Malted Wheat Extract, Malted Barley Extract, Emulsifiers (Soya Lecithin, Rapeseed Lecithin), Citric Acid, Salt, Raising Agent: Sodium Bicarbonate, Flavouring.

Allergy Advice: For allergens including cereals containing gluten, see ingredients underlined. Also, not suitable for peanut, nut, egg and sesame allergy sufferers.

INGREDIENTS: Pork (80%), Plum Chutney (7.0%) [Plums, Sugar, Apple, **Barley Malt Vinegar** (contains Gluten), **Barley Malt Extract** (contains Gluten), Raisins [Raisins, Cotton Seed Oil], Kibbled Onions, Salt, Dehydrated Garlic, Ginger, Cayenne], Mature Cheddar Cheese (**from Milk**) (5.0%), Pomodoro Tomato (4.4%) [Cherry Tomatoes, Tomato Juice], Breadcrumbs [Fortified Wheat Flour [**Wheat Flour** (contains Gluten), Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Salt, Yeast], Seasoning [Salt, Fortified Wheat Flour [**Wheat Flour** (contains Gluten), Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Emulsifier (Triphosphates), Preservative (**Sodium Metabisulphite**), Antioxidant (Ascorbic Acid)], Sausage Casing [Natural Pork].

Allergy Advice! for allergens, see ingredients in bold.

Chicken & Vegetable Broth

600g e

A soup made with vegetables, cooked chicken and pearl barley.

Ingredients

Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), **Celery** (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl **barley**, Rapeseed oil, Garlic purée, Salt, Black pepper.

! ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in bold.

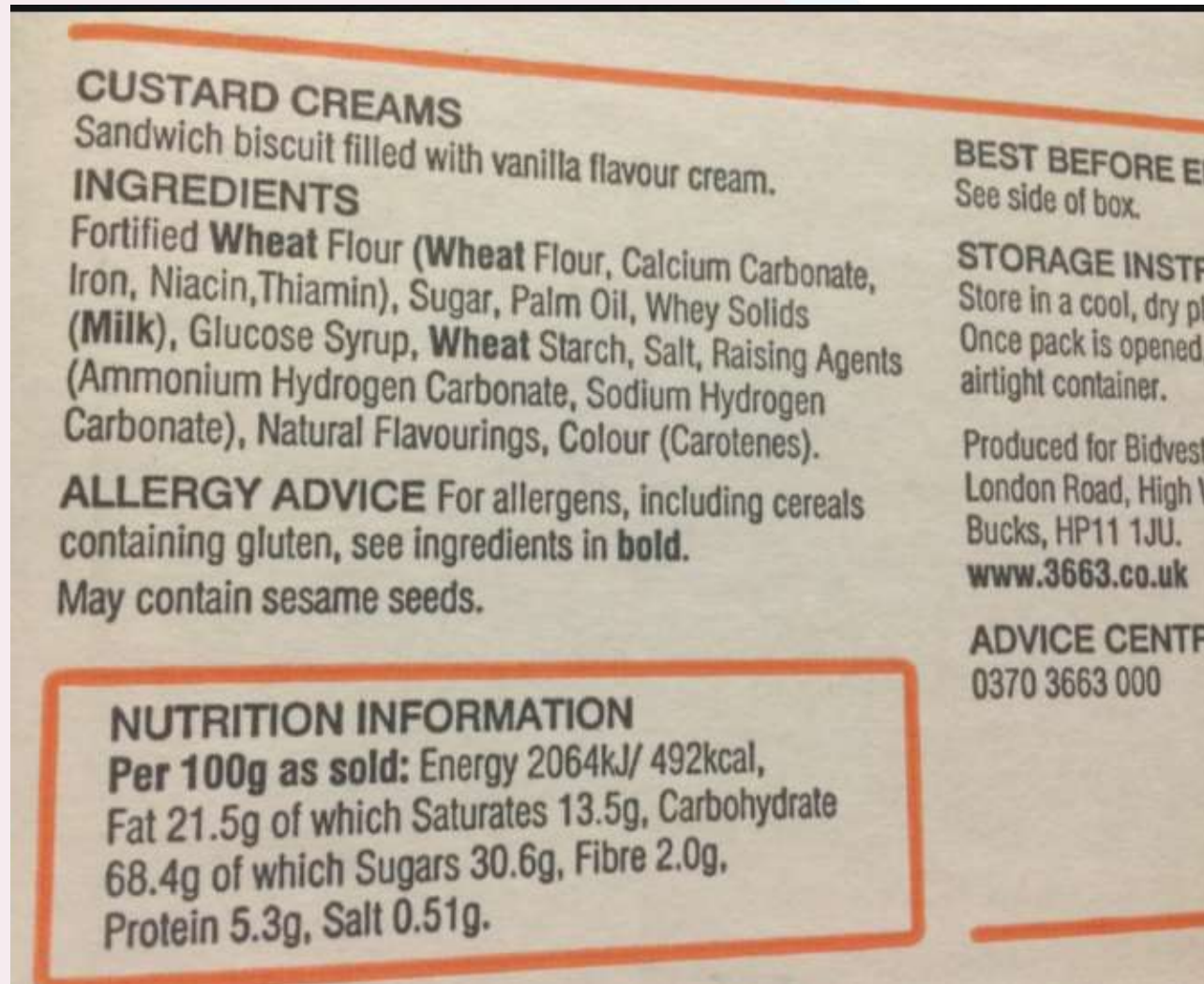
! Warning

Although every care has been taken to remove bones, some may remain.

Nutrition

Typical values (as consumed)	per 100g	per 1/2 pot (300g)	%RI	your RI*
Energy	167kJ 40kcal	501kJ 119kcal	6%	8400kJ 2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g

*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.



Ingredients List

- Ingredients are listed from highest weight/greatest content at the top of the list to the lowest at the bottom.
- The first three ingredients therefore give an indication as to what there will be a lot of in that food/drink

- Free sugars come in many forms, including:

Soft brown sugar

Honey

Syrup

Invert syrup

Brown rice syrup

Golden syrup

Cane sugar

Molasses

Anything ending in 'ose' e.g. Fructose, Dextrose, Glucose
fructose syrup, Oligofructose syrup

Diabetes Smart is a Healthy Wirral Initiative

Nutrition				
Typical values	100g Each slice (typically contains	44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings
*Reference intake of an average adult (8400kJ / 2000kcal)

Nutrition information			
Typical values	Per 100g	Per 1/4 pot	% based on GDA for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	3.8%
Protein	4.9g	6.1g	13.6%
Carbohydrate	6.9g	8.6g	3.7%
of which sugars	6.9g	8.6g	9.6%
of which starch	nil	nil	-
Fat	1.5g	1.9g	2.7%
of which saturates	0.9g	1.1g	5.5%
mono-unsaturates	0.4g	0.5g	-
polyunsaturates	nil	nil	-
Fibre	nil	nil	nil
Salt	0.2g	0.3g	5.0%
of which sodium	trace	0.1g	4.2%
Vitamins & minerals			% of RDA Recommended daily amount
Calcium	168mg	210mg	26%

Informazioni nutrizionali – valori medi / Nutrition Information	Per 100g	Per 100ml	Per Per Per**	%* Per Per**
Valore energetico / Energy	1000kJ 250kcal	810kJ 190kcal	1100kJ 280kcal	13%
Grassi / Fat	14g	11g	15g	21%
di cui saturi / of which saturates	7g	6g	8g	40%
Carboidrati / Carbohydrate	27g	22g	30g	12%
di cui zuccheri / of which sugars	24g	19g	26g	29%
Proteine / Protein	3g	2.5g	3.5g	7%
Sale / Salt	0.22g	0.17g	0.24g	4%

*% di Assunzioni di riferimento di un adulto medio (8400 kJ/2000 kcal)
*% of Reference intake of an average adult (8400kJ/2000kcal)
**per portion = 150ml = 110g

NUTRITION INFORMATION

Typical values per 100ml: Energy: 39kJ/9kcal, Fat:0.5g, of which saturates 0.3g, Carbohydrate: 0.9g, of which sugars: 0.2g, Fibre: trace, Protein: 0.1g, Salt: 0.1g.

Nutrition information

- Lists the energy/calories and nutrients in foods.
- Energy measures in calories (kcal)
- As a minimum labels must also list: Total fat, Saturates, Carbohydrate, Sugars, Protein, Salt
- Some labels will also give information on fibre, vitamins, minerals and other types of fat
- ‘Total carbohydrate’, rather than ‘of which sugars’ should be the focus of attention when considering the impact that a product is likely to have on blood glucose levels

Genoa Cake

Typical Values	Per 100g	Per slice	% based on RI for Average Adult
energy	1406kJ	562kJ	
	333kcal	133kcal	7%
Fat	6.2g	2.5g	4%
Saturates	2.8g	1.1g	6%
Mono-unsaturates	2.2g	0.9g	-
Polu-unsaturates	1.0g	0.4g	-
Carbohydrates	63.9g	25.6g	10%
Sugars	38.7g	15.5g	17%
Starch	25.2g	10.1g	-
Fibre	2.8g	1.1g	-
Protein	4.0g	1.6g	3%
Salt	0.17g	0.07g	1%

Reference intake of an average adult (8400kJ/ 2000 kcal)

Rice

Typical Values (cooked as per instructions)	100g contains	A serving contains	% based on RI for Average Adult
Energy	497 kJ	894kJ	-
	117kcal	211kcal	11%
Fat	<0.5g	0.5g	1%
Saturates	<0.1g	0.2g	1%
Carbohydrate	25.4g	45.7g	18%
Sugars	0g	0g	-
Starch	25.4g	45.7g	-
Fibre	1.0g	1.8g	-
Protein	2.7g	4.9g	10%
Salt	0g	0g	-



Use per 100g – where you decide the portion size from a larger pack

Informazioni nutrizionali – valori medi / Nutrition Information	Per 100g	Per 100ml	Per Cup**	%* Per Cup**
Valore energetico / Energy	1000kJ 250kcal	810kJ 190kcal	1100kJ 280kcal	13%
Grassi / Fat	14g	11g	15g	21%
di cui saturi / of which saturates	7g	6g	8g	40%
Carboidrati / Carbohydrate	27g	22g	30g	12%
di cui zuccheri / of which sugars	24g	19g	26g	29%
Proteine / Protein	3g	2.5g	3.5g	7%
Sale / Salt	0.22g	0.17g	0.24g	4%

*% di Assunzioni di riferimento di un adulto medio (8400 kJ/2000 kcal)
 *% of Reference intake of an average adult (8400kJ/2000kcal)
 **per portion = 150ml = 110g

Typical Values	Per 100g (without milk)	Per 30g serving (without milk)	% based on RI for Average Adult
Energy	1532kJ 363kcal	460kJ 109kcal	- 5%
Fat	3.0g	0.9g	1%
Saturates	0.6g	0.2g	1%
Mono-unsaturates	0.5g	0.2g	-
Polyunsaturates	1.7g	0.5g	-
Carbohydrate	67.1g	20.1g	8%
Sugars	12.4g	3.7g	4%
Starch	54.7g	16.4g	-
Fibre	13.6g	4.1g	-
Protein	10.1g	3.0g	6%
Salt	0.71g	0.21g	4%

Use per serving when you eat the set serving size
e.g. individual serving packs

	Per 100g contains	Per 1 cup 125 g	% RI**125g
Energy	416 kJ	520kJ	-
	99kcal	124kcal	6
Fat (g)	3.3	4.1g	5
Saturates (g)	2.3g	2.9g	15
Carbohydrate (g)	13.6g	17.0g	7
of which sugars (g)	13.3g	16.6g	18
Fibre (g)	0.2g	0.3g	-
Protein (g)	3.6g	4.5g	9
Salt (g)	0.13g	0.16g	3

	Per 100g contains	Per 19g bar
Energy	1406 kJ	267kJ
	335 kcal	64kcal
Fat	4.1	0.8g
Of which saturates	1.5g	0.3g
Carbohydrates	59g	11g
of which sugars	23g	4.4g
Fibre	22g	4.2g
Protein	4.4g	0.8g
Salt	0.20g	0.05g

Per 100g example - cereal

Cereal 1

	/100g	Per 30g	%RI*
Energy	1517 kJ	267kJ	-
	359 kcal	64kcal	5%
Fat	2.6g	0.8g	1%
Of which saturates	0.4g	0.3g	0.8%
Carbohydrates	65g	11g	-
of which sugars	14g	4.4g	5%
Fibre	14g	4.2g	-
Protein	12g	0.8g	-
Salt	0.68g	0.05g	3%

Cereal 2

Typical Values	100g contains	A serving contains	%based on RI for Average Adult *
Energy	1463 kJ	439kJ	-
	347 kcal	104kcal	5%
Fat	2.6g	0.8g	1%
Of which saturates	0.9g	0.3g	2%
Carbohydrates	60.8g	18.2g	7%
of which sugars	8.1g	2.4g	3%
Starch	52.7g	15.8g	-
Fibre	15.7g	4.7g	-
Protein	12.2	3.7g	7%
Salt	0.54g	0.16g	3%

Per portion example – singel serve yoghurts

Yoghurt 1

Typical Values	Per 100g	Per pot	% based on RI for Average Adult
Energy	365kJ	456kJ	-
	86kcal	108kcal	5%
Fat	1.1g	1.4g	2%
Saturates	0.7g	0.9g	5%
Mono-unsaturates	0.3g	0.4g	-
Polyunsaturates	<0.1g	0.1g	-
Carbohydrate	15.1g	18.9g	7%
Sugars	13.6g	17.0g	19%
Starch	1.5g	1.9g	-
Fibre	<0.5g	<0.5g	-
Protein	3.7g	4.6g	9%
Salt	0.10g	0.13g	2%

Yoghurt 2

Typical Values	Per 100g	Per serving	% RI *
Energy	83kcal	100kcal	5%
	351kJ	421kJ	-
Fat	2.6g	3.2g	5%
of which: saturates	1.8g	2.2g	11%
Carbohydrate	11.6g	13.9g	5%
Of which: sugars	11.3g	13.6g	15%
Protein	3.3g	4.0g	8%
Salt	0.1g	0.1g	2%

*per serving

Text	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	$\leq 3.0\text{g}/100\text{g}$	$>3.0\text{g to } \leq 17.5\text{g}/100\text{g}$	$>17.5\text{g}/100\text{g}$	$>21\text{g}/\text{portion}$
Saturates	$\leq 1.5\text{g}/100\text{g}$	$>1.5\text{g to } \leq 5.0\text{g}/100\text{g}$	$>5.0\text{g}/100\text{g}$	$>6.0\text{g}/\text{portion}$
(Total) Sugars	$\leq 5.0\text{g}/100\text{g}$	$>5.0\text{g and } \leq 22.5\text{g}/100\text{g}$	$>22.5\text{g}/100\text{g}$	$>27\text{g}/\text{portion}$
Salt	$\leq 0.3\text{g}/100\text{g}$	$>0.3/100\text{g to } <1.5\text{g}/100\text{g}$	$>1.5\text{g}/100\text{g}$	$>1.8\text{g}/\text{portion}$

Nutrition information

- Choose higher fibre options

A 'source' of fibre = at least 3g of fibre per 100g or at least 1.5g of fibre per 100 kcal.

'High fibre' = at least 6g of fibre per 100g or at least 3g of fibre per 100 kcal.

Ham with 1.6g salt per 100g

Text	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤3.0g/100g	>3.0g to ≤17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g	>6.0g/portion
(Total) Sugars	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g	>27g/portion
Salt	≤0.3g/100g	>0.3/100g to <1.5g/100g	>1.5g/100g	>1.8g/portion

Salmon with 1.1g saturated fat per 100g

Text	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤3.0g/100g	>3.0g to ≤17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g	>6.0g/portion
(Total) Sugars	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g	>27g/portion
Salt	≤0.3g/100g	>0.3/100g to <1.5g/100g	>1.5g/100g	>1.8g/portion

F

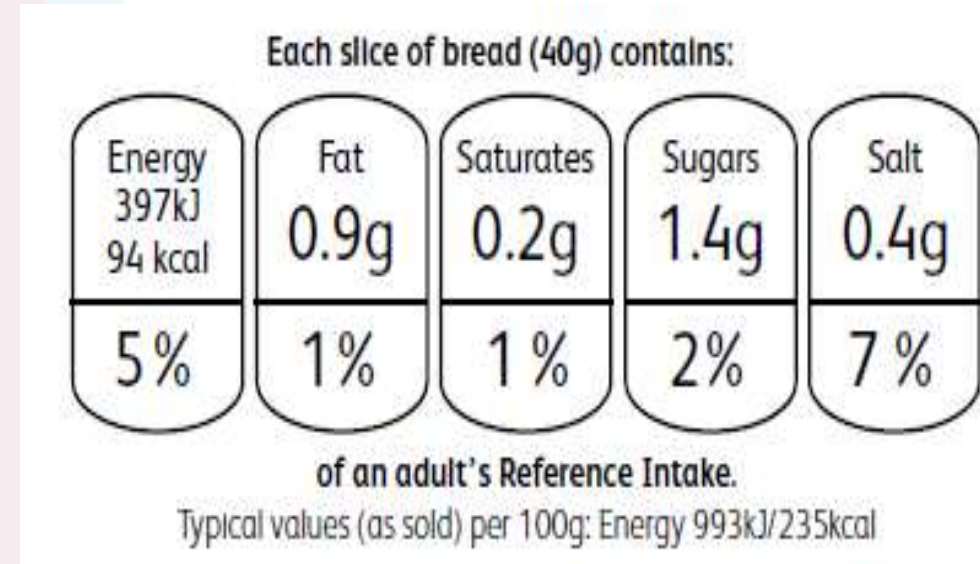
Text	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤3.0g/100g	>3.0g to ≤ 17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤1.5g/100g	>1.5g to ≤ 5.0g/100g	>5.0g/100g	>6.0g/portion
(Total) Sugars	≤5.0g/100g	>5.0g and ≤ 22.5g/100g	>22.5g/100g	>27g/portion
Salt	≤0.3g/100g	>0.3/100g to <1.5g/100g	>1.5g/100g	>1.8g/portion

Using Low/Medium/High guide

- Works well with processed foods to help us identify healthier versions
- Does not mean that nutritious higher fat foods (e.g. nuts, oily fish, olive oil) or unsweetened fruit have to be avoided

Reference Intakes (RIs)

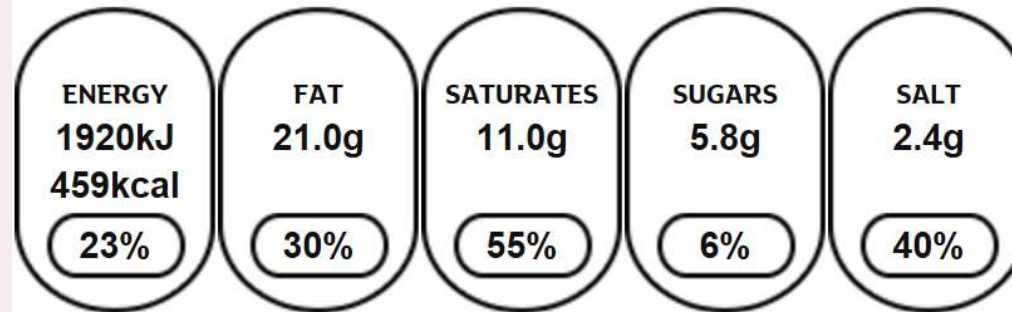
Kcal	2000
Fat	70g
Saturates	20g
Sugars	90g
Salt	6g



How much of each of the nutrients an average person should have each day.

They are **maximums** rather than something to aim for.

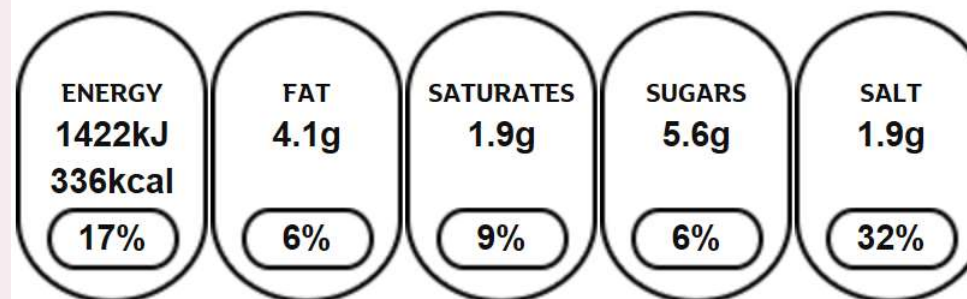
South Indian Chicken Curry 350g ready meal



Reference intake of an average adult (8400kJ / 2000kcal)

Average values per 100g: Energy 549kJ / 131kcal

Chicken Curry 320g ready meal



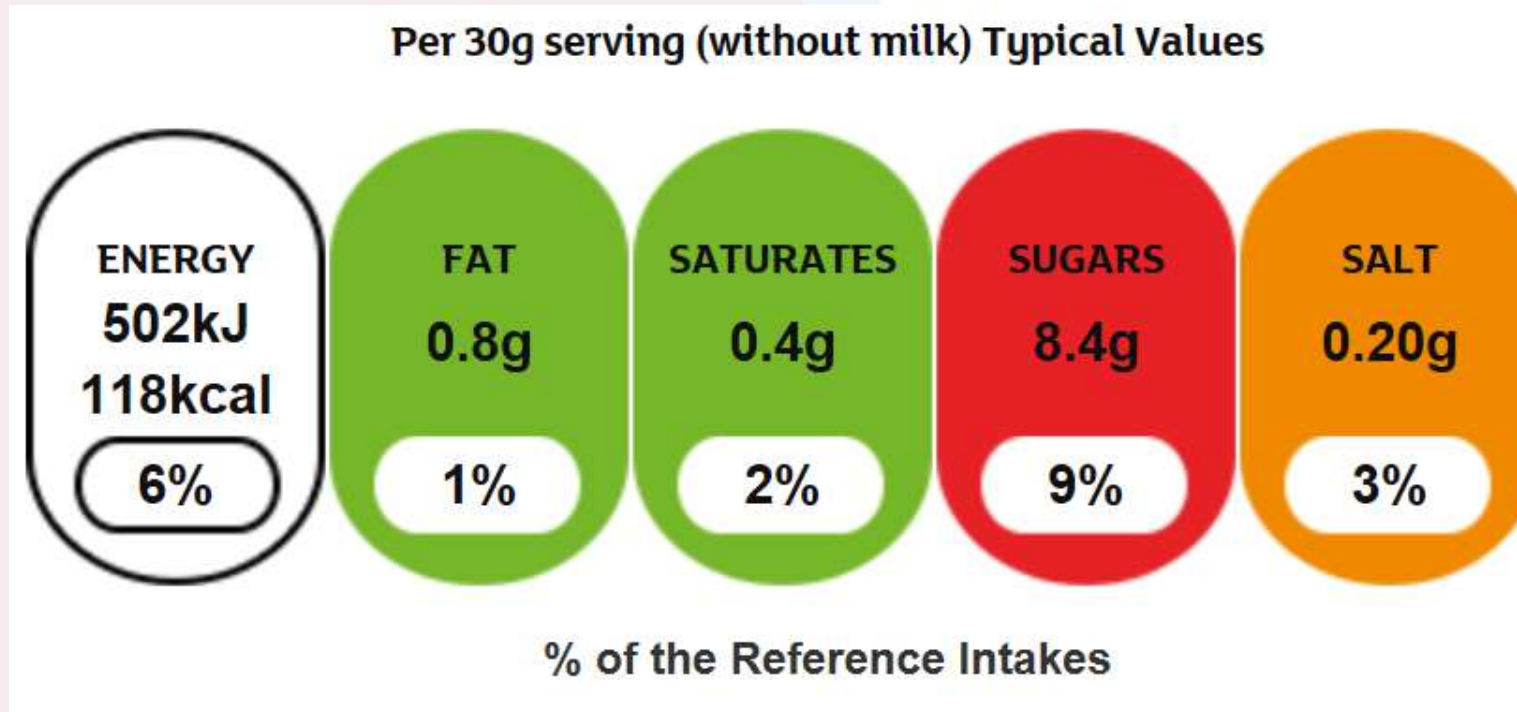
of an adult's Reference Intake*

Typical values per 100g: Energy 444kJ/105kcal

Using Reference Intake (RI)

- RI = how much of each of the nutrients an average person should have each day.
- They are **maximums** rather than something to aim for.
- RIs are based on the 'average' woman having 2000 kcals /day – individuals may require more/less energy and therefore more/less of the nutrients.
- The % shown on the front of pack labelling tells you what proportion of that 'allowance' a serving will 'use up'.
- Does not provide information on carbohydrate (need to check the nutrition information section for this)
- Front of pack information is based on what manufacturer deems to be a portion and may be different to serving an individual may choose to consume.

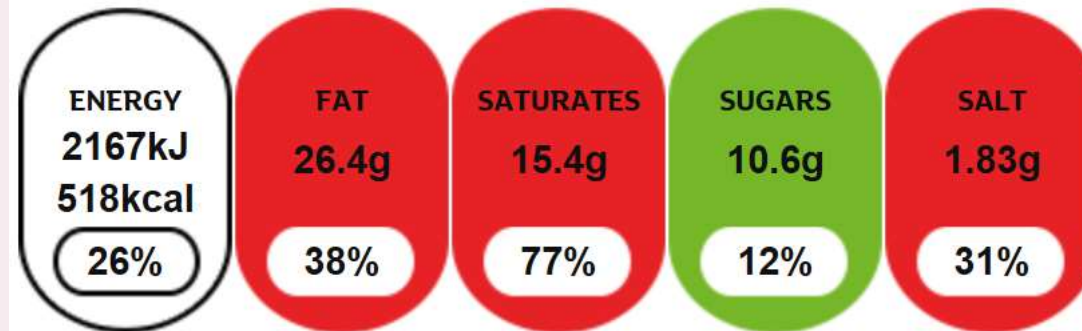
Traffic lights



Designed to help people, at a glance, quickly decide which foods are healthier.

Red – high (only as a treat), amber – medium (occasionally), green - low (go)

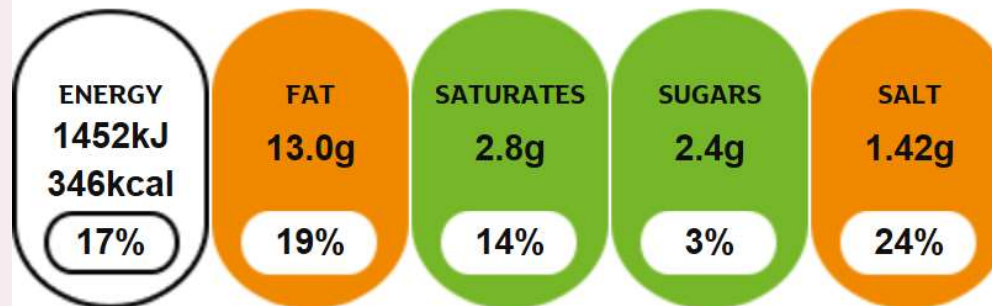
Red Leicester Ploughman's Sandwich



% of the Reference Intakes

Typical values per 100g: Energy 985kJ/236kcal

Egg & Cress Sandwich



% of the Reference Intakes

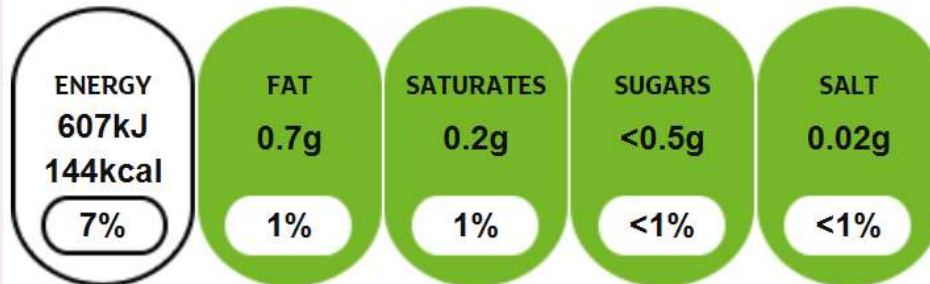
Typical Values Per 100g : Energy 794 kJ/189 kcal

Using Traffic Light Labelling

- Does not provide information on carbohydrate (need to check the nutrition information section for this)
- Does not mean that nutritious higher fat foods (e.g. nuts, oily fish, olive oil) or unsweetened fruit have to be avoided
- Front of pack information is based on what manufacturer deems to be a portion and may be different to serving an individual may choose to consume.
- Check the nutrition information for more details information on how much of each nutrient is in the food

Mini wheats

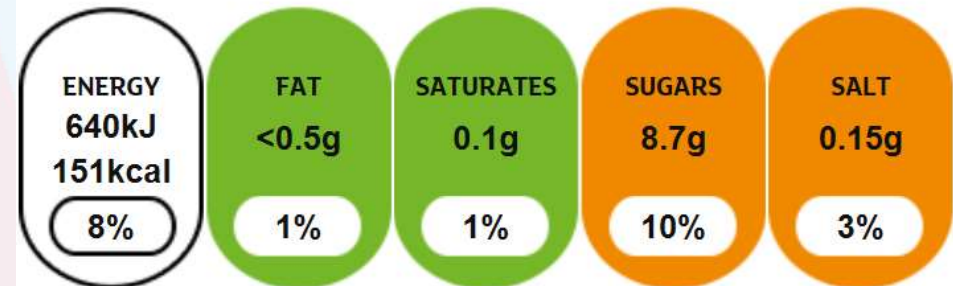
Per 40g serving Typical Values



% of the Reference Intakes

Golden syrup wheats

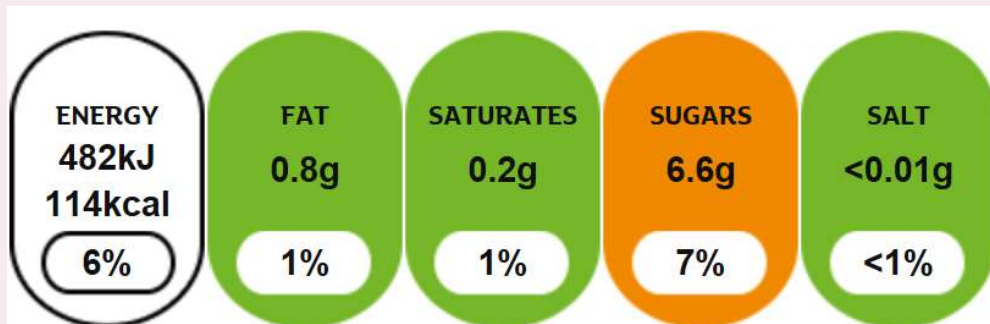
Per 45g serving Typical Values



% of the Reference Intakes

Typical Values Per 100g : Energy 1422 kJ/336 kcal

Honey monster puffs

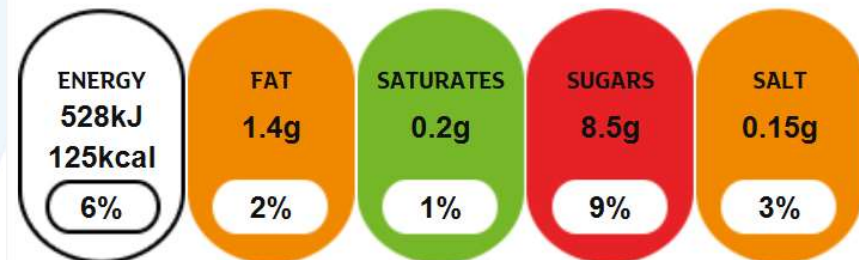


of reference intake*

Typical values per 100g: Energy 1606kJ/ 380kcal

Honey nut cornflakes

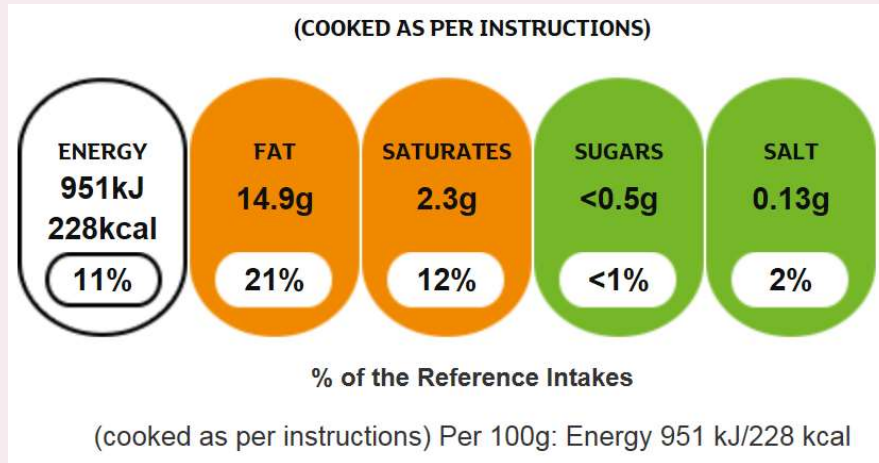
per 30g serving (without milk) Typical Values



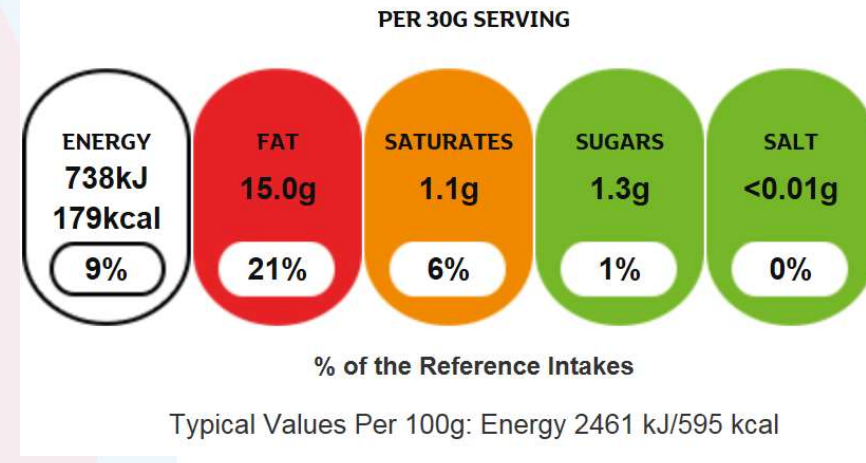
% of the Reference Intakes

Typical Values per 100g (without milk) : Energy 1761 kJ/416 kcal

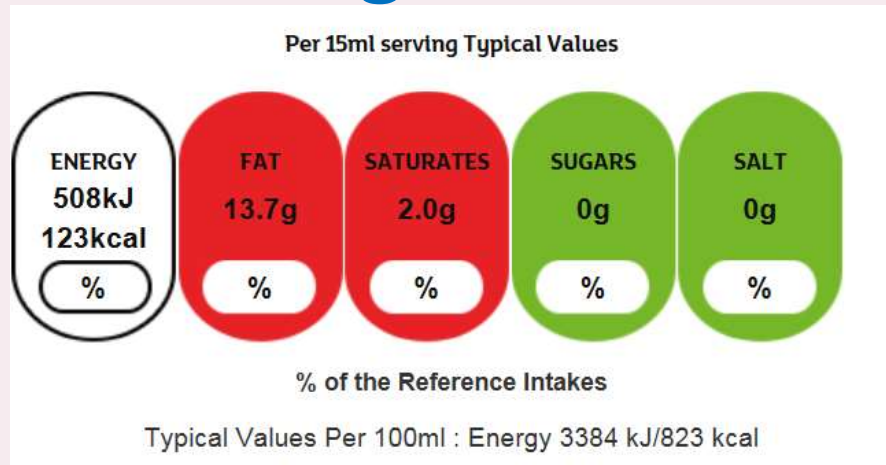
Salmon fillet



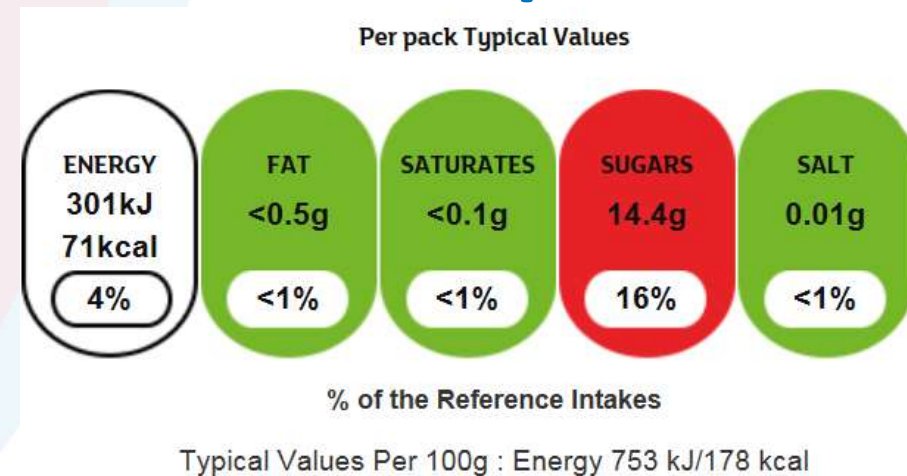
Almonds



Extra Virgin Olive Oil



Dried apricots



Nutrition Claims

Sugar free

No sugar. May not be low calorie.

Fat Free

No fat. May be higher in sugar.

Low Fat

3g or less of fat per 100g (3% or less).
May be higher in sugar.

Low Sugar

5g or less of sugar per 100g (5% or less).
Remember it is total carbohydrate, not just sugar,
that has an impact on blood glucose levels.

No added Sugar

No sugar is added. There may be naturally occurring
sugar.

Reduced Fat

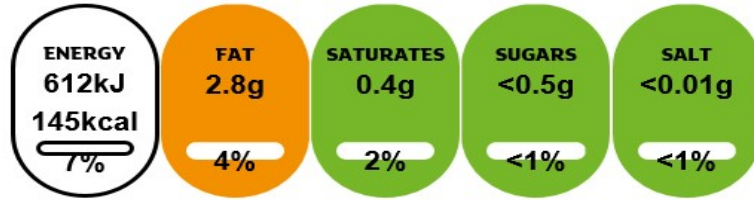
Contains at least 30 per cent less fat than the standard
version. May not be low fat.

Reduced Sugar

Contains at least 30 per cent less sugar than
the standard version. May not be low sugar.

Porridge oats

Per 40g serving (without milk) Typical Values



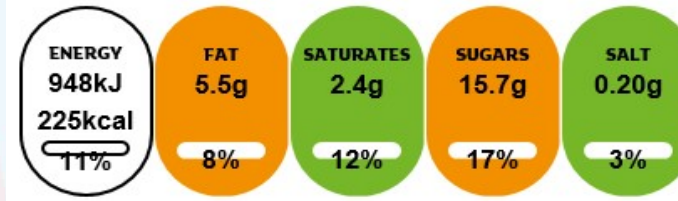
% of the Reference Intakes

Typical Values Per 100g (without milk) : Energy 1529 kJ/363 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Golden syrup oats

Per 36g serving (with 180ml semi-skimmed milk) Typical Values



% of the Reference Intakes

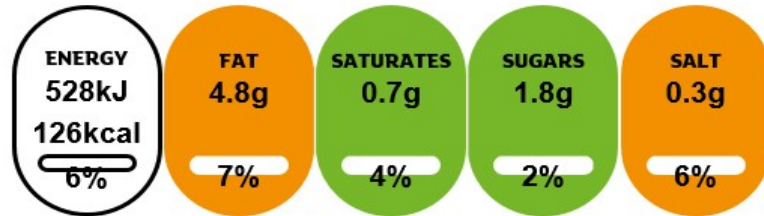
Typical Values Per 100g (without milk) : Energy 1597 kJ/379 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Typical Values	Per 100g (without milk)	Per 40g serving (without milk)	% based on RI for Average Adult
Energy	1529kJ	612kJ	-
	363kcal	145kcal	7%
Fat	7.0g	2.8g	4%
Saturates	1.0g	0.4g	2%
Mono-unsaturates	3.0g	1.2g	-
Poly-unsaturates	2.7g	1.1g	-
Carbohydrate	60.5g	24.2g	-
Sugars	1.1g	<0.5g	9%
Starch	59.4g	23.8g	-
Fibre	8.3g	3.3g	-
Protein	10.3g	4.1g	8%
Salt	<0.01g	<0.01g	-

Typical Values	Per 100g (without milk)	Per 36g serving (with 180ml semi-skimmed milk)	% based on RI for Average Adult
Energy	1579kJ	948kJ	-
	379kcal	225kcal	11%
Fat	6.5g	5.5g	8%
Saturates	1.1g	2.4g	12%
Mono-unsaturates	2.4g	1.6g	-
Poly-unsaturates	2.7g	1.0g	-
Carbohydrate	68.4g	33.2g	-
Sugars	19.7g	15.7g	17%
Starch	48.7g	17.5g	-
Fibre	7.0g	2.5g	-
Protein	8.1g	9.4g	19%
Salt	0.03g	0.20g	3%

Soya and linseed bread

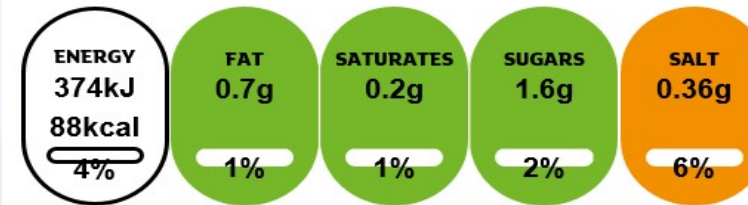


of an Adult's Reference Intake*

Typical values per 100g: Energy 1201kJ/287kcal

* Reference Intake of an average adult (8400kJ/2000kcal)

Wholemeal bread



of an adult's reference intake*

Per 100g: Energy 934kJ/221kcal

*Reference Intake (RI) of an average adult (8400kJ / 2000kcal)

	Per 100g	Per slice	% RI Per Slice
Energy	1201kJ	528kJ	6%
Energy	287kcal	126kcal	6%
Fat	11.0g	4.8g	7%
of which: saturates	1.5g	0.7g	4%
Carbohydrate	26.9g	11.8g	5%
of which: sugars	4.2g	1.8g	2%
Fibre	9.8g	4.3g	-
Protein	15.2g	6.7g	13%
Salt	0.75g	0.33g	6%

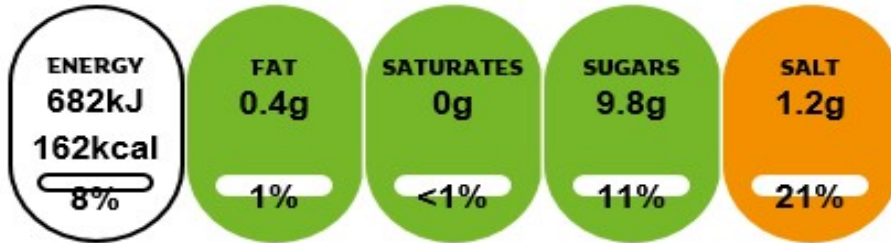
*Reference Intake of an average adult (8400kJ/2000kcal)
This pack typically contains 16 slices and 2 crusts

	Per 100g	Per slice 40g	% RI
Energy	934kJ	374kJ	4%
	221kcal	88kcal	-
Fat	1.8g	0.7g	1%
of which: saturates	0.4g	0.2g	1%
Carbohydrate	37.8g	15.1g	6%
of which: sugars	4.1g	1.6g	2%
Fibre	6.8g	2.7g	-
Protein	10.0g	4.0g	8%
Salt	0.90g	0.36g	6%

*Reference Intake of an average adult (8400kJ/2000kcal)
This loaf contains 20 slices

Baked beans

No added sugar baked beans

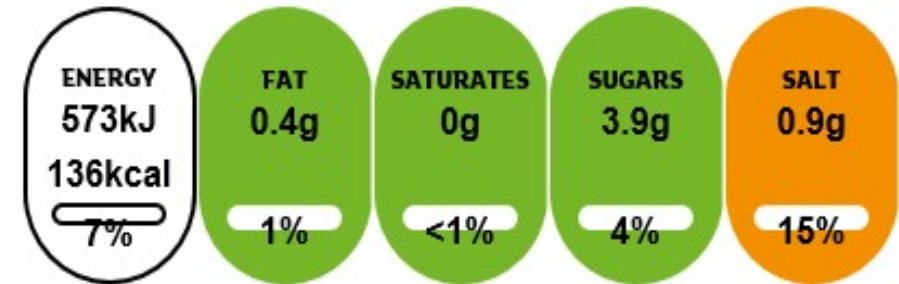


of an adult's reference intake

Typical values per 100g: Energy 329kJ/78kcal

Table of Nutritional Information

	Per 100g	Per ½ can	% RI
Energy	329kJ	682kJ	
	78kcal	162kcal	8%
Fat	0.2g	0.4g	1%
-of which saturates	<0.1g	<0.1g	<1%
Carbohydrate	12.5g	25.9g	10%
- of which sugars	4.7g	9.8g	11%
Fibre	3.7g	7.7g	-
Protein	4.7g	9.7g	19%
Salt	0.6g	1.2g	21%



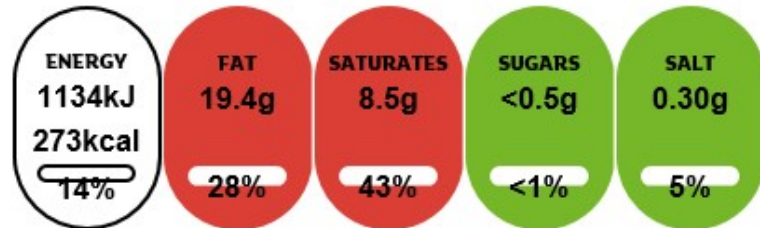
of an adult's reference intake

Typical values per 100g: Energy 277kJ/66kcal

	Per 100g	Per ½ can	% RI
Energy	277kJ	573kJ	
	66kcal	136kcal	7%
Fat	0.2g	0.4g	1%
-of which saturates	<0.1g	<0.1g	<1%
Carbohydrate	9.5g	19.6g	8%
- of which sugars	1.9g	3.9g	4%
Fibre	3.6g	7.5g	-
Protein	4.6g	9.5g	19%
Salt	0.4g	0.9g	15%

Beef mince (20% fat)

Typical Values (cooked as per instructions)

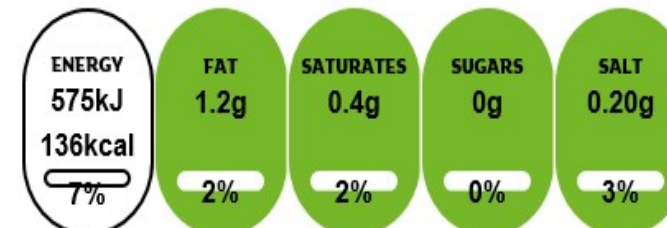


% of the Reference Intakes

Typical Values (cooked as per instructions) : Energy 1134 kJ/273 kcal

Turkey mince

Typical Values (cooked as per instructions)



% of the Reference Intakes

Typical Values (cooked as per instructions) per 100g : Energy 575 kJ/136 kcal

Typical values cooked as per instructions (per 100g)

Energy	1134kJ 273kcal
Fat	19.4g
Saturates	8.5g
Mono-unsaturates	9.4g
Poly-unsaturates	0.6g
Carbohydrate	0.8g
Sugars	<0.5g
Fibre	<0.5g
Protein	23.7g
Salt	0.30g

Typical Valued (cooked as per instructions)

Energy	575kJ 136kcal
Fat	1.2g
Saturates	0.4g
Mono-unsaturates	0.4g
Polyunsaturates	0.4g
Carbohydrate	0g
Sugars	0g
Fibre	<0.5g
Protein	31.0g
Salt	0.20g

0% fat natural yoghurt

Light yoghurt - strawberry

Table of Nutrition Information

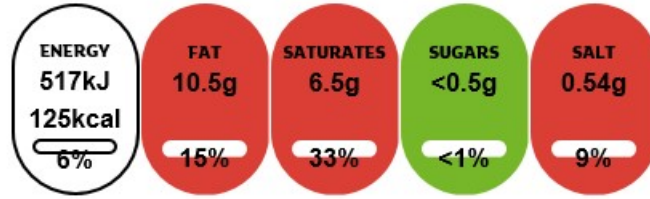
	Per 100g
Energy	230 kJ (54 kcal)
Fat	0g
Of which saturates	0g
Carbohydrate	3.0g
Of which sugars	3.0g
Protein	10.3g
Salt	0.10g
Table of Vitamins and Minerals Information	Per 100g
Calcium	120mg
%NRV*	15%
*Nutrient Reference Values	

Table of Nutrition Information

	Per 100g
Energy	220 kJ (52 kcal)
Fat	<0.5g
Of which saturates	0.1g
Carbohydrate	7.0g
Of which sugars	6.2g
Protein	4.9g
Salt	0.23g
Table of Vitamins and Minerals Information	Per 100g
Calcium	135mg 27% NRV per pot
NRV is Nutrient Reference Values	

Cheddar

Per 30g serving Typical Values



% of the Reference Intakes

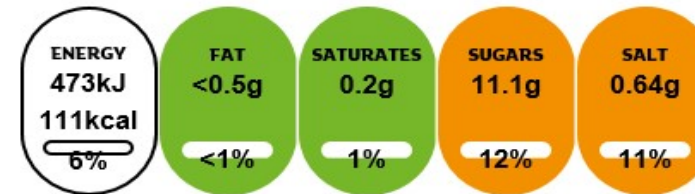
Typical Values Per 100g : Energy 1725 kJ/416 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Typical Values	Per 100g	Per 30g serving	% based on RI for Average Adult
Energy	1725kJ	517kJ	-
	416kcal	125kcal	6%
Fat	34.9g	10.5g	15%
Saturates	21.7g	6.5g	33%
Mono-unsaturates	9.4g	2.8g	-
Polyunsaturates	1.1g	0.3g	-
Carbohydrate	<0.5g	<0.5g	-
Sugars	<0.5g	<0.5g	-
Fibre	0g	0g	-
Protein	25.4g	7.6g	15%
Salt	1.81g	0.54g	9%
Reference intake of an average adult (8400kJ / 2000 kcal)			
This pack contains Approx. 13 servings			

Fat free cottage cheese

per 1/4 pot Typical Values



% of the Reference Intakes

Typical Values Per 100g : Energy 315 kJ/74 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

Typical Values	Per 100g	Per ¼ pot	% based on RI for Average Adult
Energy	315kJ	473kJ	-
	74kcal	111kcal	6%
Fat	<0.5g	<0.5	-
Saturates	<0.1g	0.2g	1%
Mono-unsaturates	0g	0g	-
Polyunsaturates	0g	0g	-
Carbohydrate	7.4g	11.1g	4%
Sugars	7.4g	11.1g	12%
Starch	0g	0g	-
Fibre	0g	0g	-
Protein	10.7g	16.1g	32%
Salt	0.43g	0.64g	11%
Reference intake of an average adult (8400kJ / 2000 kcal)			
This pack contains 4 servings			

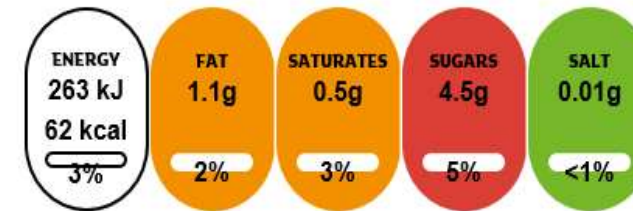
Chocolate chip cookie



Typical values Per 100g : Energy 2059 kJ/491 kcal

% Reference intake of an average adult (8400 kJ/2000 kcal)

Chocolate rice cake



Energy per 100g: 1752kJ 414kcal

Reference intake of an average adult (8400 kJ/2000 kcal)

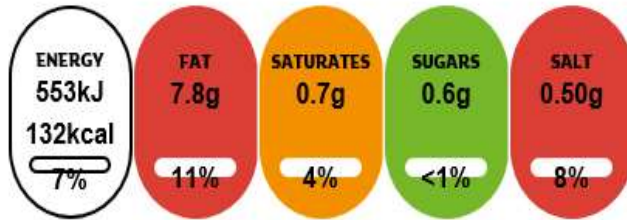
	Per 100g	Per serving (2 cookies)*	%RI** per serving	RI** Adults
Energy	2059kJ	438kJ	5%	8400kJ
Energy	491 kcal	104 kcal	5%	2000 kcal
Fat	22.1g	4.7g	7%	70g
of which Saturates	11.3g	2.4g	12%	20g
Carbohydrate	65.4g	13.9g	5%	260g
of which Sugars	34.4g	7.3g	8%	90g
Fibre	3.1g	0.7g	-	-
Protein	5.8g	1.2g	2%	50g
Salt	0.55g	0.12g	2%	6g

*Serving size= 2 cookies (21g). Approx. 10 servings per pack
**Reference intake of an average adult (8400 kJ/2000 kcal)

	Per 15g(%*) Cake	Per 100g
Energy	263kJ	1752kJ
Energy	62kcal(3%*)	414kcal
Fat	1.1g(2%*)	7.0g
of which Saturates	0.5g(3%*)	3.5g
Carbohydrate	12.2g	81.0g
of which Sugars	4.5g(5%*)	30.0g
Fibre	0.3g	1.7g
Protein	0.9g	6.0g
Salt	0.01g(<1%*)	0.05g

*Reference intake of an average adult (8400 kJ/2000 kcal)
This pack contains 12 servings

Crinkle cut crisps

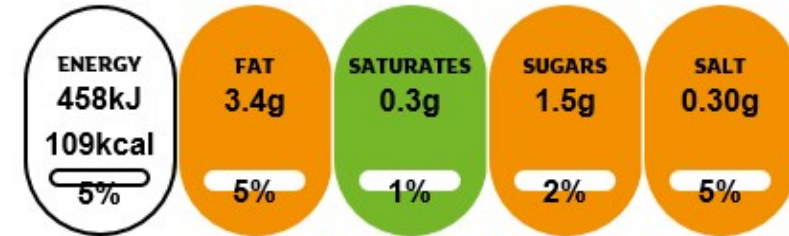


of an adult's reference intake

Energy per 100g: 2210kJ / 529kcal

	Per 100g	Per 25g pack
Energy	2210kJ	553kJ
	529kcal	132kcal
Fat	31g	7.8g
Of which Saturates	2.8g	0.7g
Carbohydrate	54g	14g
of which Sugars	2.2g	0.6g
Fibre	3.9g	1.0g
Protein	6.5g	1.6g
Salt	2.0g	0.50g

Baked crisps



Energy per 100g: 1832kJ 436kcal

Based on Sea Salt Baked Potato Snack

	Per 25g(%*) pack	Per 100g
Energy	458kJ	1832kJ
	109kcal (5%*)	436kcal
Fat	3.4g (5%*)	13.5g
Of which Saturates	0.3g (1%*)	1.2g
Carbohydrate	17.3g	69.0g
of which Sugars	1.5g (2%*)	5.8g
Fibre	1.6g	6.4g
Protein	1.7g	6.6g
Salt	0.30g (5%*)	1.18g
*Reference intake of an average adult (8400 kJ/2000 kcal)		

Diabetes Smart is a Healthy Wirral Initiative

Diabetes
SMART

ThinkSmart ActSmart LiveSmart

Questions

ThinkSmart ActSmart LiveSmart

NHS
Wirral Community
NHS Foundation Trust

Further support

You can access the following topic session:

- Physical Activity
- Carbohydrate Awareness
- Healthy Lifestyle
- Keeping well with Diabetes
- Insulin
- Review sessions

Book by ringing 0151 604 7271 or emailing
wchc.dieteticsadult@nhs.net

Thank you for joining us today!

**Please take a moment to complete
a short evaluation...**

