

Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

Food Shopping Card

	Sugars	Fat	Saturates	Salt
What is HIGH per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per100g	5g and below	3g and below	1.5g and below	0.3g and below

Daily maximum intake of salt

Adults: 6g per day (2.4g sodium)*

**To calculate salt from sodium, multiply sodium by 2.5*

Children:

Up to 6 months old:

less than 1g a day (0.4g sodium)

7 to 12 months: 1g a day (0.4g sodium)

1 to 3 years: 2g a day (0.8g sodium)

4 to 6 years: 3g a day (1.2g sodium)

7 to 10 years: 5g a day (2g sodium)

Children over 11 years: 6g a day (2.4g sodium)

www.which.co.uk/campaigns ■ www.eatwell.gov.uk

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