

SUGAR

People who are trying to lose weight do not always watch the sugar intake – but you must – again most foods that are low in fat are usually high in sugar to give it some flavour.

Sugar can be labeled under several different names – sucrose, fructose, glucose, maltose, honey and corn syrup to name a few.

10g per 100g counts as a lot
2g or less counts as a little

SALT

A small amount is necessary for a Healthy diet but you can get enough from unprocessed foods such as fruit and vegetables.

Many food processors are now reducing the amount of salt they use in products but we they still have a long way to go.

Too much salt in your diet can increase blood pressure.

Some manufacturers list sodium (a component of salt) so you need to multiply by 2.5 to get amount of salt.

0.5g sodium or 1.25g salt per 100g is a lot.
0.1g sodium or 0.25g salt per 100g is a little.

Food Shopping Card **which?**

Keep this handy to check if the foods in your shopping basket are high in fat, sugar and salt. Here are some guidelines:*

WHAT'S A LOT? - per 100g	
Sugar:	10g
Fat:	20g
Saturated Fat:	5g
Sodium:	0.5g sodium or 1.25g of salt

*Source: Food Standards Agency (FSA)
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FOOD STANDARDS AGENCY

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