

Take with you on your food shop!

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

	Sugars	Fat	Saturates	Salt
HIGH per 100g just occasionally	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
MEDIUM per 100g ok most of the time	5g and 22.5g	3g and 17.5g	1.5g and 5g	0.3g and 1.5g
LOW per 100g a healthier choice	5g and below	3g and below	1.5g and below	0.3g and below

The amount you eat of a particular food affects how much sugar, fat saturates and salt you get from it.

totalhealth



Cut out, fold over, and stick in your wallet!

totalhealth

Children over 11 years: 5g of salt per day (2.5g sodium)
 7 to 10 years: 3g of salt per day (1.5g sodium)
 4 to 6 years: 2g of salt per day (1g sodium)
 1 to 3 years: 1.5g of salt per day (0.75g sodium)
 1 to 12 months: 1g of salt per day (0.5g sodium)

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

ADULTS 5g per day (2.5g sodium)*

MAXIMUM DAILY INTAKE OF SALT

Make healthier choices at the supermarket by keeping an eye on the nutritional values of the food you buy. This shopping card is a handy guide for to look out for