

Food labelling – Traffic light system

	Fat	Saturates	Sugar	Salt
What is HIGH per 100g	Over 17.5g	Over 5g	Over 22.5g	Over 1.5g
What is MEDIUM per 100g	Between 3.1 & 17.5g	Between 1.6 & 5g	Between 5.1 & 22.5g	Between 0.31 & 1.5g
What is LOW per 100g	3g and below	1.5g and below	5g and below	0.3g and below

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