

Food and Nutrition Labels

All packaged food is required to display a nutrition information label. These labels are regulated by the Food Standards Agency. The labels show the average amount of vitamins and nutrients in a food product. They tell the consumer exactly what is in the product they are eating or drinking and help people to make healthy and informed food choices.

Opposite is an example of a nutrition label.

What does g stand for? _____

What does mg stand for? _____

What does kcal stand for? _____

Work out the total weight of the product

What fruit is there most of in this product?

Looking at the ingredients of this product, what do you think this product might be?

NUTRITION INFORMATION		
Servings per package: 4		
Serving Size 150g		
	Quantity per serving	Quantity per 100g
Energy	143 kcal	108 kcal
Protein	4.2g	3g
Fat, total	7.4g	5g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
-Sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), plum (3%), pear (2%), gelatin, culture, thickener (1442)		
All quantities above are averages		

Draw the product below. Think about what the packaging might look like and what it will include.