

Nutritional labels give you information that can help you make healthier and more informed choices when deciding which food products to buy. By checking the label each time you purchase something, you will take more control of your eating habits.

The traffic light labelling system will tell you whether a food has high, medium or low a amount of fat, saturated fat, sugars and salt. It will also tell you the amount of those component in grams per recipes.

- **Red:** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts
- **Amber:** means medium, if a food contains mostly amber, you can eat it most of the time
- **Green:** means low, the more green lights a label shows, the healthier the food choice is.