

Meal and grocery planning

Traffic light system

Look out for the food products with green, amber or red coloured labels on the front of the pack. At a glance, they show you if the product has low, medium or high amounts of fat, saturated fat, sugars and salt, helping you make a better choice.



It's fine to have this food **occasionally** or as a treat, but think how often you choose it and how much of it you eat.



A better option than red and it is fine to have this in **moderation**. This would be an ok choice.



This means a **healthier** choice.

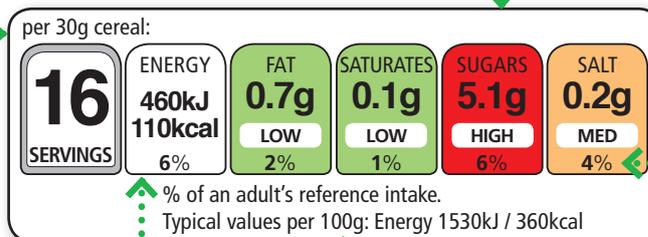


Front of pack labelling system

- Calories, fat, saturated fat, sugar, salt
- Traffic lights
- Serving size

The colours represent the Traffic Light System, a useful guide to help choose the healthier option.

Look out for the serving size. How does this compare to your portion size?



The % are based on 'reference intakes' similar to GDA. Remember these are not accurate for everyone.

Energy: Lower calorie (kcal) content foods can be useful when we are trying to lose weight, but check ingredients on the back - what is it made from?

There is information per 100g on the front. For energy, you can compare different products with different serving sizes ie. another cereal that shows information per 50g.

Top tips!

- Plan your main meals and snacks for the week ahead. It may help to put this up somewhere visible, like on the fridge.
- Before you go shopping, make a list using your weekly meal plan. This will help to reduce impulse buys.
- Use food labels to make healthy choices when in the supermarket.
- If you cook and shop with other people in the house then try to create the meal plan and shopping list together.
- If other people in the house have higher calorie snacks or you have these as occasional treats then put somewhere not easily visible, e.g. back of the cupboard.