

Reading Food Labels

<p>Low fat: A claim that a food is low in fat may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).</p>
<p>Low sugar: A claim that a food is low in sugars may only be made where the product contains no more than 5 g of sugar per 100 g for solids or 2,5 g of sugar per 100 ml for liquids.</p>
<p>Fat Free: A claim that a food is fat-free may only be made where the product contains no more than 0,5 g of fat per 100 g or 100 ml.</p>
<p>Sugar Free: A claim that a food is sugar-free may only be made where the product contains no more than 0,5 g of sugars per 100 g or 100 ml.</p>
<p>No Added Sugar: A claim stating that sugars have not been added to a food may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'Contains naturally occurring sugars'.</p>
<p>Reduced fat / sugar / saturated fat: A claim stating that the content in one or more nutrients has been reduced may only be made where the reduction in content is at least 30% compared to a similar product.</p>
<p>Source of Fibre A claim that a food is a source of fibre may only be made where the product contains at least 3 g of fibre per 100 g or at least 1,5 g of fibre per 100 kcal.</p>
<p>High Fibre A claim that a food is high in fibre may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.</p>
<p>Source of Protein A claim that a food is a source of protein may only be made where at least 12% of the energy value of the food is provided by protein.</p>
<p>High Protein A claim that a food is high in protein may only be made where at least 20% of the energy value of the food is provided by protein.</p>
<p>Light or Lite A claim stating that a product is 'light' or 'lite' shall follow the same conditions as those set for the term 'reduced'; the claim shall also be accompanied by an indication of the characteristic(s) which make(s) the food 'light' or 'lite'.</p>