

Labelling food: you are what you eat

• **LOW:** each 100 grams of food must contain less than 140 milligrams of sodium; 40 calories; 3 grams of fat; 1 gram saturated fat; 15 per cent of calories from saturated fat; 20 milligrams of cholesterol and 2 grams of saturated fat

• **HIGH:** benefits the consumer by providing more than 20 per cent of the amount recommended for daily eating, as in 'high-fibre'

• **MORE:** at least 10 per cent more of the nutrient, as in 'more fibre'

• **SOURCE OF:** beneficial because it provides 10–19 per cent of the amount of the nutrient needed each day

• **FREE:** less than 5 calories, less than 0.5 grams of sugar; less than 5 milligrams of sodium; less than 0.5 milligrams of fat; less than 2 milligrams of cholesterol and 2 grams of saturated fat per serving

• **LEAN:** cooked meat or poultry with less than 10.5 grams of fat and less than 94.5 milligrams of cholesterol per 100 grams.

• **EXTRA LEAN:** less than 4.9g of fat

• **REDUCED:** one-third the calories; half or less the sodium, fat, saturated fat or cholesterol.

• **LESS:** 25 per cent or less sodium, calories, fat, saturated fat or cholesterol.

• **LIGHT:** two-thirds the calories

• **FRESH:** raw food. Never frozen, processed or preserved. Will also be applied to meat and poultry

