

Worksheet on Front of Pack Messaging

Front of pack

- Voluntary colour coded Front of Pack nutrition labelling scheme (FoP), is used to help us eat a healthier diet.
- The FoP label shows the amount of energy, fat, saturates, sugars and salt in a specified portion of a product.
- The four nutrients (fat, saturates, sugars and salt) are colour coded based on per 100g criteria: red (high), amber (medium) or green (low). Have foods that are high in fats, salt and sugars less often and in smaller amounts.
- The energy value is shown in kilojoules and kilocalories and is not colour coded.
- The label also provides more detailed information on how much the product contributes towards the maximum daily amount of the four nutrients that adults are recommended to consume. This is displayed as a percentage of an average adult's Reference Intake.

Food

Criteria for 100g of food (whether or not it is sold by volume), portion size criteria apply to portions greater than 100g:

	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	>5.0g/100g	>6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g to ≤ 22.5g /100g	>22.5g/100g	>27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	>1.5g/100g	>1.8g/portion

Drink

Criteria for drinks (per 100ml), portion size criteria apply to portions greater than 150ml:

	LOW	MEDIUM	HIGH	
Colour Code	Green	Amber	Red	
Fat	≤ 1.5g/100ml	> 1.5g to ≤ 8.75g/100ml	>8.75g/100ml	>10.5g/portion
Saturates	≤ 0.75g/100ml	> 0.75g to ≤ 2.5g/100ml	>2.5g/100ml	>3g/portion
(Total) Sugars	≤ 2.5g/100ml	> 2.5g to ≤ 11.25g/100ml	>11.25g/100ml	>3.5g/portion
Salt	≤ 0.3g/100ml	> 0.3g to ≤ 0.75g/100ml	>0.75g/100ml	>0.9g/portion