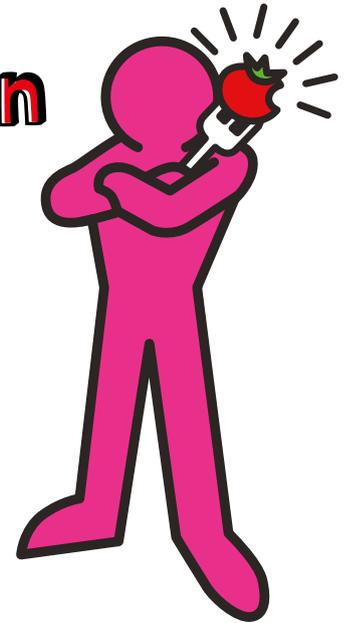


Nutrition information sheet for teachers



You may find it helpful to read this reference document before using the Be Food Smart resources with your pupils.

1. A balanced diet

The Eatwell Guide at [Change4Life/schools](https://www.change4life.org.uk/schools) highlights the different types of food that make up our diet, and helps children learn the proportions we should eat to have a healthier and more balanced diet.

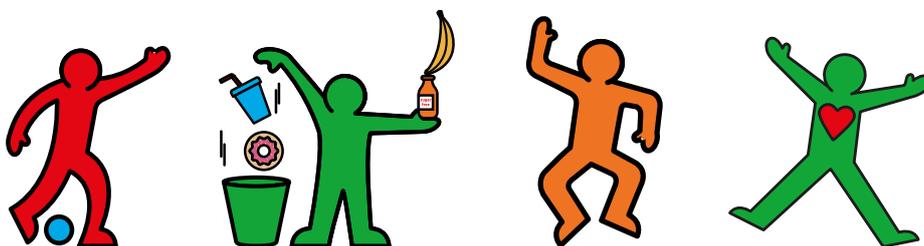
The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

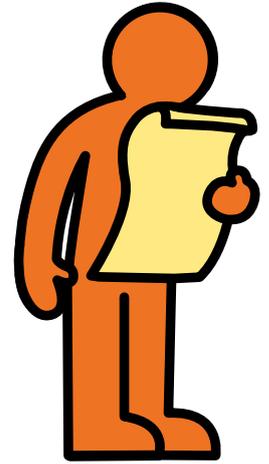
- eat at least five fruits and vegetables every day
- base meals on starchy foods like potatoes, bread, rice or pasta (choose wholegrain where possible)
- have some dairy or dairy alternatives (such as lower-fat soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads and eat them in small amounts
- drink 6–8 glasses of fluid per day.

If you are consuming food and drink high in sugar, saturated fat and salt, have these less often and in small amounts.

You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.

More information about vitamins and minerals and eating a balanced diet can be found at: www.nhs.uk





2. Understanding food labels

Most pre-packed food in the UK provides some nutritional information on the label, which can:

- help you to make healthier choices
- make you aware that you are choosing food or drink that is high in energy, fat, saturates, sugar or salt.

On the front of packaging, colour coding and high/medium/low labelling is used for fat, saturates, sugars and salt.

Nutrition information panels, usually on the side or back of packaging, have to include:

- energy as kj and kcal
- the amounts (in grams) of fat, saturates, carbohydrates, sugars, protein and salt.

Some may also include:

- the amounts (in grams) of other nutrients, e.g. mono-unsaturates, polyunsaturates, polyols, starch, fibre, vitamins or minerals
- the % of reference intake (per serving).

Energy and the nutrition content of foods is usually given per 100g as well as per serving, making it easier to compare it with other products.

Energy

Within a healthy, balanced diet, a man needs around **10,500kj (2,500kcal)** a day to maintain his weight. For a woman, that figure is around **8,400kj (2,000kcal)** a day.

These values can vary depending on age, sex, metabolism and levels of physical activity, among other things.

More information

- What should my daily intake of calories be? www.nhs.uk





Fat, of which saturates

The main types of fat found in food are saturated fats and unsaturated fats.

Nutrition information panels include the total amount of fat, and the proportion of the total which is saturated fat.

As part of a healthy diet, we should try to cut down on food and drink high in saturated fats and replace some of them with unsaturated fats.

Carbohydrates, of which sugars

There are three different types of carbohydrate: sugar, starch and fibre. It is worth noting that sugar is a carbohydrate but not all carbohydrates are sugars.

Nutrition information panels include the total amount of carbohydrates (all three types) and the proportion of the total which are sugars. This includes naturally occurring sugars and added sugars.

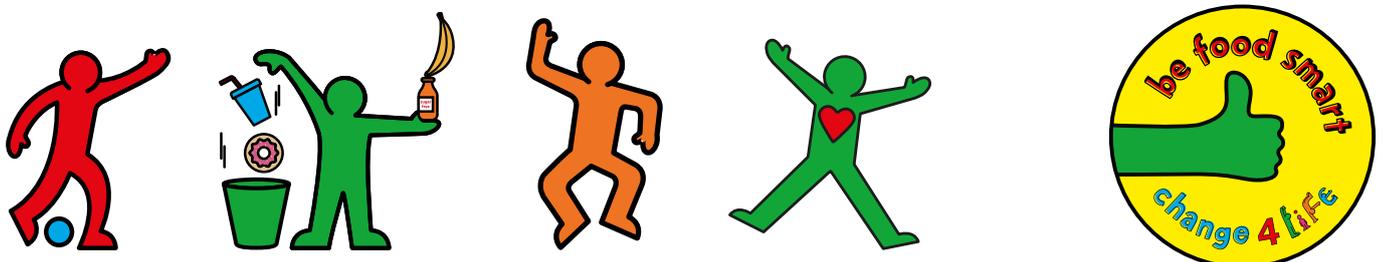
Eating too much sugar can lead to weight gain, which in turn increases your risk of health conditions such as heart disease and type 2 diabetes.

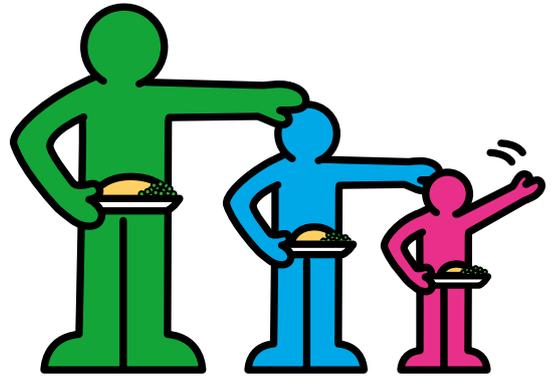
Reference intakes

Reference intakes (RIs) on food labels are guidelines based on the approximate amount of nutrients and energy you need for a healthy, balanced diet each day.

They are not intended as targets, as energy and nutrient requirements are different for all people. But they give a useful indication of the energy and nutrients the average person needs.

Unless the label says otherwise, an adult's RI values are actually based on an average-sized woman doing an average amount of physical activity. This is to reduce the risk of people with lower energy requirements eating too much, as well as to provide clear and consistent information on labels.





As part of a healthy balanced diet, an adult's reference intakes ("RIs") for a day are:

Energy	8,400 kJ/2,000kcal	Total sugars	90g
Total fat (including saturates)	70g	Protein	50g
Saturates	20g	Salt	6g
Carbohydrate (including sugars)	260g		

Reference intakes for children

Children's nutritional needs vary a great deal depending on their age and size, but generally they should be eating smaller portions than adults.

The daily recommended maximum amount of salt and added sugar children can eat depends on age:

Added sugar per day (1 sugar cube = 4g)

4 to 6 years	19g (5 cubes)
7 to 10 years	24g (6 cubes)
11 years and over	30g (7 cubes)

Salt per day (1 sachet = 0.5g)

4 to 6 years	3g (6 sachets)
7 to 10 years	5g (10 sachets)
11 years and over	6g (12 sachets)

More information

- What are 'reference intakes' on food labels? www.nhs.uk

