

Food Shopping Card



Check how much fat, sugar and salt is in your food



	Sugars	Fat	Saturates	Salt
What is HIGH per 100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per 100g	Between 5g - 15g	Between 3g - 20g	Between 1.5g - 5g	Between 0.3g - 1.5g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

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Sugars	Glucose, fructose, lactose, maltoase, malt, dextrose, treacle, molasses, honey, golden syrup, maple syrup, corn syrup, raw sugar, brown sugar
Fat	Butter, oil, coconut, coconut oil, nuts, ghee, lard, sour cream, mayonnaise, cream, dripping, margarine, oil
Salt	Sodium, sea salt, garlic salt, rock salt, celery salt, onion salt, monosodium glutamate (MSG), meat/yeast extract, stock cubes, sodium lactate, bicarbonate, baking soda, baking powder

Source: Food Standards Agency



Wales National Exercise
Referral Scheme (NERS)
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru



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