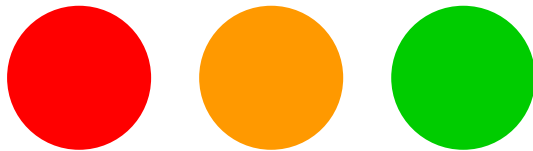


Check how much fat, sugar and salt is in your food



Food Shopping Card

What is **HIGH** per 100g

What is **MEDIUM** per 100g

What is **LOW** per 100g

Sugar	Total Fat	Saturated Fat	Salt
Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
5g and below	3g and below	1.5g and below	0.3g and below