

	Fat	Saturates	Sugar	Salt
What is <b>HIGH</b> per 100g	Over 17.5g	Over 5g	Over 22.5g	Over 1.5g
What is <b>MEDIUM</b> per 100g	Between 3.1 & 17.5g	Between 1.6 & 5g	Between 5.1 & 22.5g	Between 0.31 & 1.5g
What is <b>LOW</b> per 100g	3g & below	1.5g & below	5g & below	0.3g & below

*Based on guidelines by the Department of Health, under the terms of the Open Government Licence.*

The 'traffic light' system is a quick and easy guide to help interpret food labels. Use when shopping to make healthier choices. The more green lights, the better!

**Chest  
Heart &  
Stroke  
Scotland**



*Remember to look at the 'per 100g' column*

[www.chss.org.uk/healthpromotion](http://www.chss.org.uk/healthpromotion)

Do you have any questions about chest, heart or stroke illness? **ASK THE NURSE**

Freephone **0808 801 0899**