



Delivered by Halton Health Improvement Team



Understanding Food Labels

Look at this
food packet...



How can you tell
if the food is
healthy or not?



AVERAGE VALUES	PER 100g	PER 13g cake
ENERGY (kJ)	1661kJ	216kJ
ENERGY (kcal)	392kcal	51kcal
CARBOHYDRATE	87g	11.3g
of which SUGARS	28g	3.6g
FAT	2.1g	0.3g
OF WHICH SATURATES	0.4g	0.1g
PROTEIN	5.5g	0.7g
FIBRE	1.4g	0.2g
SALT	0.5g	0.07g

Look at fat and sugar per 100g (circled in red)

Aim for both to be under 10g

Decide if the food/drink is ok to have:

Very often

(most days)

Sometimes

(not every day)

Less often

(hardly ever - only as a treat)

High sugar is ok if it is mostly natural sugar (fruit or milk)



SUGAR



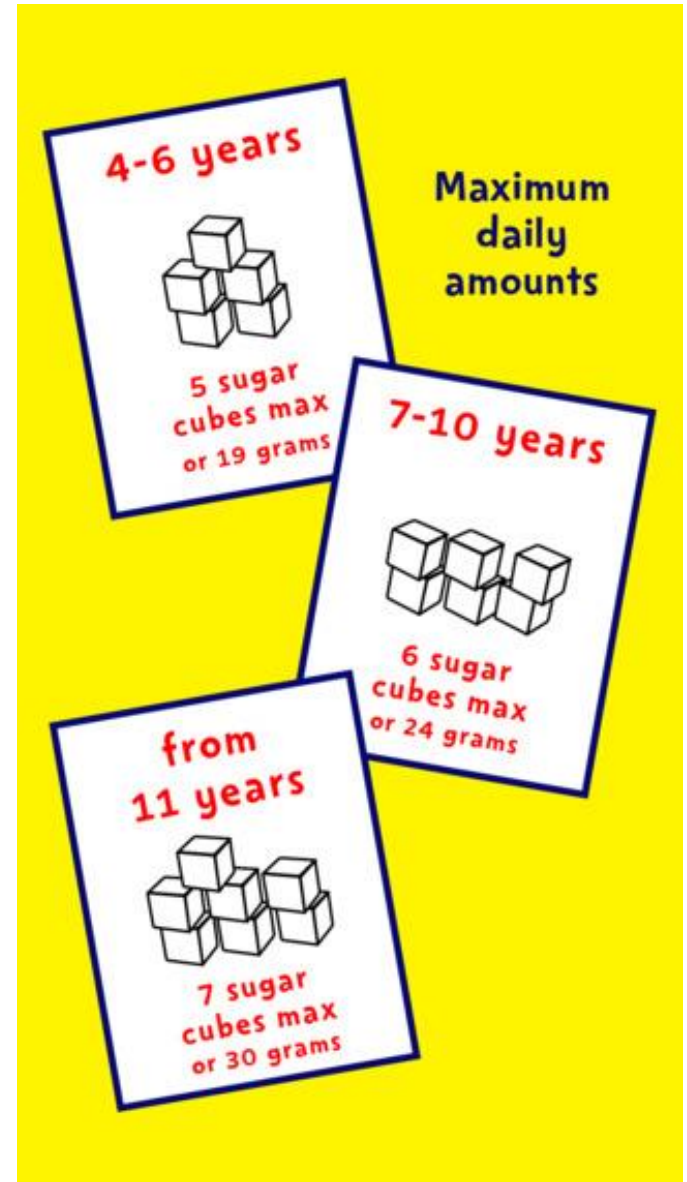
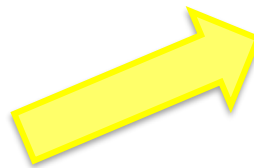
Natural Sugars v Added Sugars



We need to check for
added sugars

Added sugars can
damage our health

**How much added sugar
should you be having?**





How many cubes of sugar in 1 cookie?







2 sugar cubes



How many cubes of sugar in 1 cookie?



Higher or lower than
a Maryland cookie?

TESCO
finest★

4 Triple Belgian
Chocolate Cookies

EXPERTLY BAKED IN STORE



TESCO
finest★

4 Triple Belgian
Chocolate Cookies

EXPERTLY BAKED IN STORE



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4 Triple Belgian
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EXPERTLY BAKED IN STORE





6 sugar cubes



How many cubes of sugar?



Higher or lower than
a large cookie?

































16 sugar cubes



Higher!



How many cubes of sugar?



Higher or lower than a
bag of Caramel Nibbles?







3 sugar cubes



Lower!



How many cubes of **added** sugar?



Higher or lower than
a Freddo?



0 sugar cubes



Lower!

How many cubes of **added** sugar?



Higher or lower than
an apple?













5 sugar cubes



Higher!



How many cubes of **added** sugar?



Higher or lower than
tin of regular beans?



0 sugar cubes



Lower!

How many cubes of sugar?



Higher or lower than 'no added sugar' beans?



















9 sugar cubes



Higher!



How many cubes of sugar?



Higher or lower than
a can of Coke?



0 sugar cubes



Lower!

How many cubes of sugar?



Higher or lower than a
bottle of water?























11 sugar cubes



How many cubes of sugar?



Higher or lower than
a Crunchie McFlurry?





2 sugar cubes



Lower!



How many cubes of **added** sugar?



Higher or lower than
a mini Twister?



0 sugar cubes



Lower!

How many cubes of sugar?



Higher or lower than
a banana?





2 sugar cubes



How many cubes of sugar?



Higher or lower than
a mini bag of Haribo?















































23 sugar cubes

Higher!



How can we burn off
some of that sugar?

By being physically active!



Visiting the park



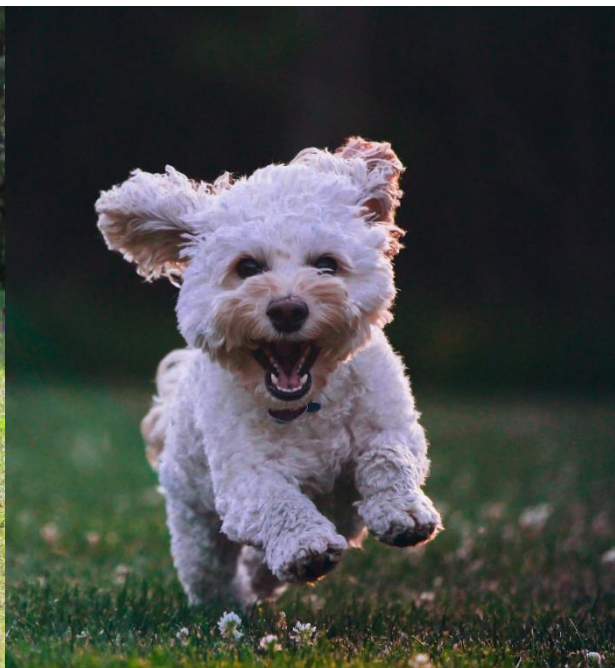
Racing/Running with friends



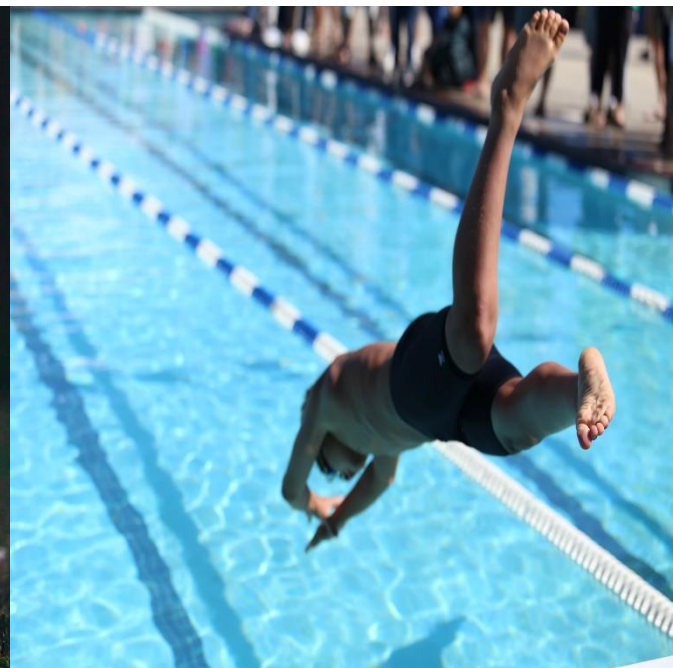
Helping around the house



Playing sports/ball games



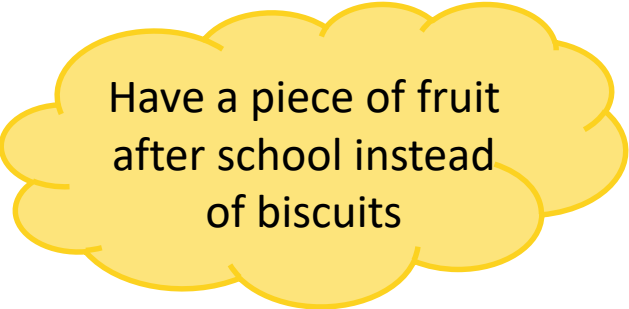
Walking your dog



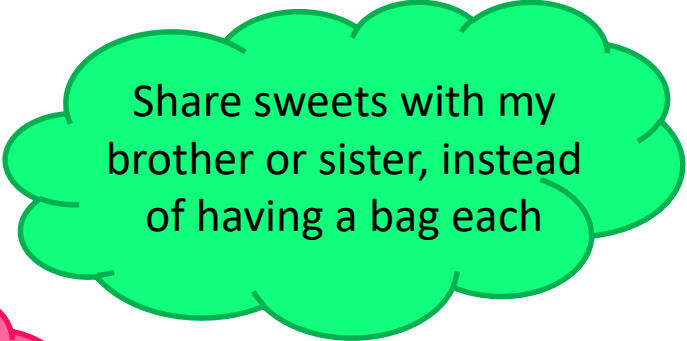
Swimming/after school activities

Can you think of one target you can set today...

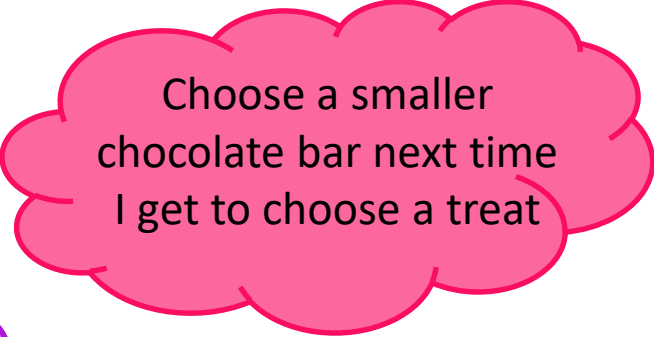
Make sure it is something you can really do



Have a piece of fruit
after school instead
of biscuits



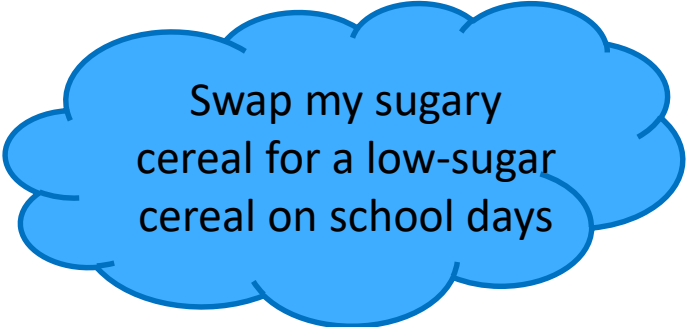
Share sweets with my
brother or sister, instead
of having a bag each



Choose a smaller
chocolate bar next time
I get to choose a treat



Swap my fizzy drinks
for water



Swap my sugary
cereal for a low-sugar
cereal on school days