

Shop Smart

We all know now that what you read on the packet “lite”, “pure”, “low-fat”, “reduced sugar” means nothing whatsoever. There is nothing defined by law so you need to read the ingredient labels. So I will try to make it as simple as can be.

Ingredients	A lot	A little
Sugars	10g	2g
Fats	20g	3g
Saturates	5g	1g
Fibres	3g	0.5g
Sodium	0.5g	0.1g

What you need to look at is the amount per 100g on snacks and per serving on convenient foods (where you would eat the whole pack, most importantly on the fats and sugars, then tot it all up against the below chart.

Ingredient	Women	Men
Sugars	50g	70g
Fats	70g	95g
Saturates	20g	30g
Fibre (at least)	16g	20g
Sodium	2g	2.5g

If you can't get to grips of my info, shout in the new year and I will go over it for you.