


## FOOD SHOPPING CARD

Print out, cut out and tuck into your purse or wallet for a handy reference list of guidelines for when you're out food shopping.

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



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

### Food Shopping Card

	Sugars	Fat	Saturates	Salt
<b>What is HIGH</b> per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
<b>What is MEDIUM</b> per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
<b>What is LOW</b> per100g	5g and below	3g and below	1.5g and below	0.3g and below

**Daily maximum intake of salt**

**Adults:** 6g per day (2.4g sodium)\*

**Children:**

Up to 6 months old: less than 1g a day (0.4g sodium)

7 to 12 months: 1g a day (0.4g sodium)



1 to 3 years: 2g a day (0.8g sodium)

4 to 6 years: 3g a day (1.2g sodium)

7 to 10 years: 5g a day (2g sodium)

Children over 11 years: 6g a day (2.4g sodium)

\*To calculate salt from sodium, multiply sodium by 2.5

[www.which.co.uk/campaigns](http://www.which.co.uk/campaigns) ■ [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

