

Healthy Shopping Card - Foods



Use this handy card when you go shopping.

Remember some foods may be high in sugars (if they contain fruits) or fats (if they contain nuts) but they can still be fairly healthy.



Sugars (per 100g)	Fat (per 100g)	Sat. fat (per 100g)	Salt (per 100g)
Over 12.5g	Over 20g	Over 5g	Over 1.5g
Between 5g and 12.5g	Between 3g and 20g	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

Healthy Shopping Card - Drinks



Sugars (per 100g)	Fat (per 100g)	Sat. fat (per 100g)	Salt (per 100g)
Over 6.3g	Over 10g	Over 2.5g	Over 1.5g
Between 2.5g and 6.3g	Between 1.5g and 10g	Between 0.75g and 2.5g	Between 0.3g and 1.5g
2.5g and below	1.5g and below	0.75g and below	0.3g and below

The ratings for **red**, **amber** and **green** for the nutrient components (total fat, saturated fat, sugar and salt) are based on established standards set by the UK Food Standards Agency, which has been adopted by the FoodSwitch smartphone app.

Red – indicates a less healthy choice; fine for an occasional treat, but think about how often you choose it and how much of it you eat.

Amber – this choice is OK, but going for choices labelled green is even better.

Green – a healthier choice compared with other foods in the same category.

