



YMCA Awards

Level 3 Nutrition to support
physical activity

2018

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Food labelling

What information should be displayed?

Food labels can be used to help us choose foods lower in fat, salt and sugars when shopping, and so may make it easier to make healthier choices

To sell food and drink products, the label must be:

- Clear and easy to read
- Permanent
- Easy to understand
- Easily visible
- Not misleading

What information should be displayed?

- The name of the food
- 'Best before' or 'use by' date
- Any necessary warnings
- Net quantity information
- A list of ingredients (if there is more than 1)
- Name and address of the manufacturer, packer or seller
- The country of origin, if required
- The lot number or use-by date
- Any special storage conditions
- Instructions for use or cooking, if necessary

List of ingredients

Ingredients are listed in descending order of weight

May also indicate:

- The use of inexpensive bulk ingredients
- The use of additives such as colourings, flavourings, artificial sweeteners and preservatives

Ingredients

Wheat Flour, Tomato Sauce (26%) (Tomato, Salt, Basil, Pepper), Mozzarella Cheese (21%)*, Water, Tomato Puree (With Acidity Regulator: E330), Salt, Yeast, Sugar, Flour Treatment Agent (Wheat Flour, Dextrose, Emulsifier: E472e; Rapeseed Oil, Antioxidant: E300), Oregano, Black Pepper, Rapeseed Oil.

***From Cows' Milk**

Nutrition label

- Total energy (in both kJ and kcal)
- Fat (g)
- Carbohydrate (g)
- Protein (g)

May also show:

- Proportion of fats that are saturated/unsaturated
- Proportion of carbohydrates that are sugars/starches

(V) Suitable for vegetarians

Nutritional information

Typical values for product as sold	Per 100g	Per 1/2 Pizza (124g)
Energy	869kJ/201kcal	1077kJ/255kcal
Protein	10.9g	13.6g
Carbohydrate	27.8g	34.5g
of which sugars	3.7g	4.6g
Fat	5.7g	7.0g
of which saturates	3.6g	4.4g
Fibre	2.4g	3.0g
Sodium	0.4g	0.5g
Salt	1.0g	1.3g

Calculating % energy derived from fats, carbs and proteins

- Food label shows fats, carbs and proteins as grams
- Need to convert these to kcal to calculate a true percentage

Calculate percentage kcal from fat

Energy	291kJ/70kcal
Protein	3g
Carbohydrate	8g
Fat	3g

Multiply the grams of fat by 9 (9kcal per gram) to get the amount in calories:

$$3 \times 9\text{kcal} = 27\text{kcal}$$

Divide this number by the energy (kcal):

$$27 \text{ divided by } 70 = 0.385$$

Multiply this number by 100 to get the percentage = 38.5%

Now calculate percentage kcal from protein and carbohydrate

Energy	291kJ/70kcal
Protein	3g
Carbohydrate	8g
Fat	3g

Percentage protein = ?

Percentage carbohydrate = ?

Traffic light labelling



Traffic light labelling

Offers consumers a simple, visual representation of the energy, fat, saturated fat, salt and sugar in a food product

- Red = high
- Amber = medium
- Green = low

Nutritional claims

Trans fats

- It is not a legal requirement to declare the presence or quantity of trans fats in a product unless a specific 'low in trans fats' claim is made on the packaging. Trans fats are widely used by food manufactures because they are cheap to produce and have a long shelf life

Organic

- Must be grown and produced in accordance with EU laws on organic production

Nutritional claims

Fat and Sugar

- There are legal guidelines and codes of practice, but labels can still be misleading - 'lite' or 'light' can be used to mean reduced fat, sugar, alcohol or even salt. It can even be used to describe the colour and texture of food

Food preparation

- Portion control
- Awareness of the content and food production as opposed to buying pre-prepared food on the go
- Choose healthier cooking methods can support healthy eating (steaming, dry frying, grilling, baking)
- Some cooking methods retain nutrient content better (steaming or quick frying rather than boiling)
- Eat a wide variety of food and choose unrefined options
- Include at least 5 portions of fruit and vegetables daily
- Store fruit and vegetables correctly

Eating out/takeaways

- Ok occasionally as long as you are eating a balanced diet the majority of the time
- Order burgers without special sauces and mayonnaise
- Adding cheese to sandwiches/salads increases the fat content significantly
- Try a side salad instead of chips, but go easy on the mayonnaise, salad dressing or cheese toppings
- Vegetarian pizza (without cheese) can be a good choice
- Salad bars may not be a good choice
- Fish and chips are probably among the highest fat food choices
- Avoid deep fried items such as spring rolls, fried noodles and crispy meats Duck, goose and other poultry with skin are all high in fat
- Try ordering boiled rather than fried options
- Avoid items described as korma, creamy sauces, coconut, fried or dipped in batter

