

# Nutritional labelling

Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

Most pre-packed foods have a nutrition label on the back or side of the packaging.

These labels include information on energy in kilojoules (kJ) and kilocalories (kcal), usually referred to as calories.

They also include information on fat, saturates (saturated fat), carbohydrate, sugars, protein and salt.

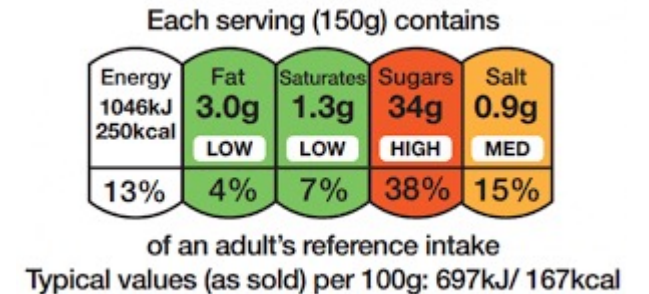
All nutrition information is provided per 100 grams and sometimes per portion of the food.

Supermarkets and food manufacturers now highlight the energy, fat, saturated fat, sugars and salt content on the front of the packaging, alongside the reference intake for each of these.

You can use nutrition labels to help you choose a more balanced diet.

# Recipe Modification

Many front-of-pack labels use the traffic light system. It was devised to help consumers make healthier choices.



We will look at some examples of front of pack and back of pack nutrition labelling for a selection of ready meals. The ingredients list used to prepare the ready meal is also included.

We will modify the recipe ingredients to create healthier ready meals.

# Recipe Modification – Macaroni Cheese

## Ingredients (serves 4)

30g butter  
350g macaroni  
1 garlic clove (5g)  
1 tsp English mustard powder (3g)  
3 tbsp plain flour (60g)  
500ml whole milk  
250g mature cheddar  
50g parmesan

## Nutrition Information Typical Values

	Per 100g	Per portion (314g)
Energy (kJ)	1095	3444
Energy (kcal)	261	821
Fat (g)	13	39
Saturates (g)	7.6	24
Carbohydrate (g)	27	84
Sugars (g)	2.6	8.1
Fibre (g)	1.0	3.2
Protein (g)	12	37
Salt (g)	0.54	1.7



1/4 of pack (314g) contains



of an adult's Reference Intake.

Typical values per 100g: Energy 1095kJ/261kcal

# Recipe Modification

## Macaroni Cheese

The developer of this ready meal has asked you to modify the ingredients list so that the front of pack nutrition label has no red colour coding (no nutrient values classified as 'high' per 100g or per portion). The developer would also like the energy content of the ready meal to be 2510kJ/600kcal or under.

1. What changes could be made to the ingredients list to make the values amber or green? This might include changing the amount or type of ingredient.
2. Explain the changes you have made. How do you think each change will impact on the nutritional value of the macaroni cheese?
3. On the packaging of the macaroni cheese, the developer would like a serving suggestion. What would you recommend to ensure a healthy, balanced meal?

# Recipe Modification – Cheese & Bacon Quiche

The developer of this ready meal has asked you to modify the ingredients list to make this a 'healthier quiche'. Consider portion sizes and healthy eating guidelines (e.g. the Eatwell Guide, eight tips for healthy eating) as well as altering the nutrient content.

1. What changes could be made to the ingredients list to make this a healthier quiche? This might include changing the amount or type of ingredient.
2. Explain the changes you have made. How do you think each change will impact on the nutritional value of the quiche? What would the potential health benefits to the consumer be?
3. Would you change the portion size of this quiche? If so, why?
4. On the packaging of the quiche, the developer would like a serving suggestion. What would you recommend to ensure a healthy, balanced meal?

# Cheese & Bacon Quiche

Ingredients (serves 4)

Pastry:

150g plain flour

75g butter

Filling:

250g cheddar

200g streaky bacon

5 eggs

100ml whole milk

200ml double cream

1g salt

Nutrition Information Typical Values

	Per 100g	Per portion (319g)
Energy (kJ)	1391	4439
Energy (kcal)	335	1070
Fat (g)	27	87
Saturates (g)	15	48
Carbohydrate (g)	9.8	31
Sugars (g)	0.9	2.7
Fibre (g)	<0.5	1.2
Protein (g)	13	42
Salt (g)	1.3	4.2

1/4 quiche contains



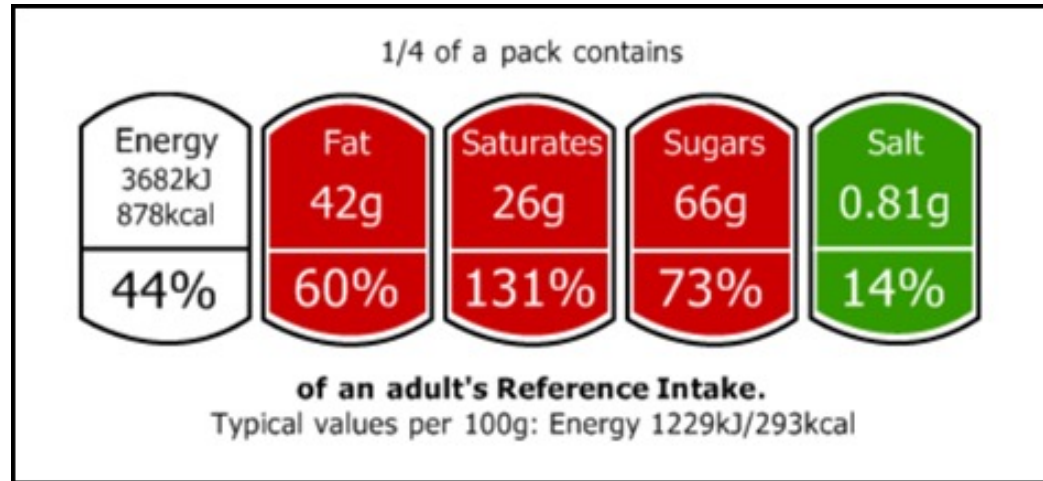
of an adult's Reference Intake.

Typical values per 100g: Energy 1391kJ/335kcal

## Apple Crumble

- Modify the ingredients list of the apple crumble to reduce the amount of fat, saturated fat and sugars provided. As well as altering the ingredients, consider changing the suggested serving size.
- 1. What modifications would you make to the ingredients?
- 2. Explain the changes you have made and what nutrients do you think these changes will impact on? Explain the health benefits of your proposed changes.
- 3. Would you make any alterations to the portion size? If so, why?

# Apple Crumble



Nutrition Information Typical Values		
	Per 100g	Per portion (299g)
Energy (kJ)	1229	3682
Energy (kcal)	293	878
Fat (g)	14	42
Saturates (g)	8.8	26
Carbohydrate (g)	42	127
Sugars (g)	22	66
Fibre (g)	1.2	3.7
Protein (g)	2.7	8.1
Salt (g)	0.27	0.81

## Ingredients (serves 4)

### Crumble topping:

300g plain flour  
175g brown sugar  
200g butter

### Filling:

450g apples  
50g brown sugar  
20g plain flour  
3g ground cinnamon

