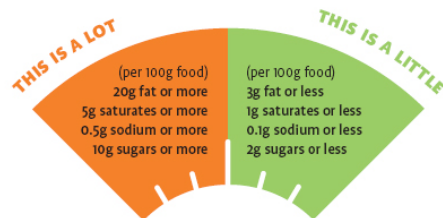


## Language of the Label—Making sense of food labels.

It can be difficult to find the information you need when you are choosing between food products.

Health claims must not be misleading, but there are currently very few legally agreed definitions, so it's better to treat these claims with care.



Ingredient lists must be listed from the greatest amount added to the least (in descending order). If flavourings are used, the label must say so. Nutritional information is given per 100g or 100ml, this enables easy comparison, it also helps you understand the amount of each ingredient as a percentage. If there is 20g of fat in 100g of lasagne, the product is 20% fat, and as per our chart above, this is high fat. Perishable foods must have a “use-by” date, and dried or canned foods will have a “best-before” date. Food must never be eaten after its “use-by” date as it could be hazardous. If you would like to know more, contact SafeFood, the Food Safety Promotion Board on 1850 404567