


# Country Foods – reading labels

Name \_\_\_\_\_ Date \_\_\_\_\_

Added ingredients:  
Strawberries (6%), Bananas (4%).  
raw cane sugar, modified maize starch


 Allergy advice  
May contain nut traces

Nutrition information

Typical values per 100g


Energy	245 kJ/58kcal
Protein	4.6g
Carbohydrate	7.2g
of which sugars	6.5g
Fat	1.2g
of which saturates	0.2g
Fibre	0.2g
Sodium	0.1g

Use by: see date on lid


 **KEEP REFRIGERATED**  
Once opened consume within 3 days


## Country Foods


Low fat live yogurt  
**Strawberry & Banana**




Country Foods' low fat yogurt is made with biocultures  
*Lactobacillus acidophilus* and *Bifidobacterium lactis*


  
Suitable for vegetarians

  
Gluten free

  
Made in the UK for

Country Foods  
125 Kingsway, London  
WC2B 6NH

  
UK  
QQ999  
EEC

350g 

For further information please  
visit us at [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

Use the interactive label at <http://www.food.gov.uk/multimedia/flash/eatwellflashlabel.swf> to answer the questions.

1. What is the weight of the yoghurt? .....
2. Is the yoghurt suitable for vegetarians? .....
3. Where should the product be kept? .....
4. What percentage (%) of yoghurt is made up of bananas? .....
5. What is the post code of Country Foods? .....
6. Where will you find the 'use by date'? .....
7. How much sugar is contained in 100g of this yoghurt? .....
8. How much saturated fat is contained in 100g of this yoghurt? .....

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## Fats, sugars, salt

If you want to eat healthily it's a good idea to watch how much fat, sugar and salt you eat. Use the following as a guide to work out if this yoghurt is 'healthy.'

<b>Fat</b> High is more than 20g fat per 100g <b>Low</b> is 3g fat or less per 100g	<b>Sugar</b> High is more than 15g sugars per 100g <b>Low</b> is 5g sugars or less per 100g
<b>Salt</b> Less than 6g per day	

Do you think that the yoghurt is 'healthy'? Give your reasons.

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For more advice on healthy eating check out [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

For more interactive food labels, try these sites:

[http://www.nourishinteractive.com/parents\\_area/label](http://www.nourishinteractive.com/parents_area/label)

<http://www.foodstandards.gov.au/consumerinformation/labellingoffood/interactivelabelpost3614.cfm>

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/interactive-eng.php>