



Mini-task: Health tables and charts

1. Eating healthily: food labels

These days people are much more health-aware. There is a lot of advice recommending that we try to reduce the amounts of sugar, fat and salt in the food we eat.

The following chart gives guidelines for what are 'low' and 'high' levels of sugar, fat and salt in 100 g of food:

	'Low' level (g)	'High' level (g)
Sugar	2	10
Fat	3	20
Saturated fat	1	5
Sodium (Salt)	0.1	0.5

For example, this table shows that a 'low' saturated fat level is about **1 g** of fat per 100 g of food.

Look at the food labels below.

Q 1(a) What do the guidelines say is a typical level for each of these?

Write your answer on the line. (*The first one has been done for you.*)

A low saturated fat level 1 g

A high saturated fat level _____

A low sodium level _____

A high sodium level _____

Q 1(b) Comparing the fat levels of different foods.

You can use the guidelines to find examples of foods with low and high saturated fat levels.

Examples:

Spaghetti	
Saturated fat	0.3 g
Sodium	trace

According to the guidelines:
1 g of fat is a **low** level
so **0.3 g is low** - 0.3 is less than 1 g (1.0)

Biscuits	
Saturated fat	12 g
Sodium	0.3 g

According to the guidelines:
5 g of fat is a **high** level
so **12 g is very high**.

Cheese sandwich	
Saturated fat	3.8 g
Sodium	0.2 g

According to the guidelines:
1 g of fat is a low level and 5 g is a high level
so this is a **'medium'** level
(somewhere between low and high)

Look at the food labels on the next page.

Use these guidelines to find some examples of foods for each of these:

- **Food(s) with a low saturated fat content**
- **Food(s) with a high saturated fat content**
- **Food(s) with a low sodium (salt) content**
- **Food(s) with a high sodium (salt) content**

Note: If the label says 'trace' that means almost none (i.e. very low level)

Remember: You don't need to read all the detail on each label; just scan through for the information you want.

The sections you will need to look at are highlighted in yellow on the first label. (If you want, you could highlight these sections on each of the other labels to help you find them and compare the foods).

Q 1(c) On some food labels the sugar, fat and sodium levels are shown using a 'traffic light rating' system:

- *Green* indicates a 'low' level (around the 'low' level given in the guidelines or below).
- *Red* indicates a 'high' level (around the 'high' level given in the guidelines or above).
- *Amber* indicates a 'medium' level (meaning somewhere between low and high).

Either:

Look at the food labels provided on the next page.

Give each food a rating for each of its sugar, fat and sodium levels.

Or:

Look at food labels of foods you typically buy or eat and notice the sugar, fat and sodium levels in them.

*Which of sugar, fat or salt (if any) would **you** be most concerned about?*

Some may be more important, depending on the health of the person eating them. For example, for a diabetic, the sugar content might be especially important; for someone with heart problems the saturated fat and/or sodium levels might be most important.

Pasta Sauce	
Energy	41 cal
Protein	1.0 g
Carbohydrates	6.1 g
of which sugars	6.1 g
Fats	1.4 g
of which saturates	0.3 g
Fibre	2.3 g
Sodium	0.3 g

Pasta	
Energy	355 cal
Protein	12.5 g
Carbohydrates	73 g
of which sugars	2.4 g
Fats	1.4 g
of which saturates	0.3 g
Fibre	2.6 g
Sodium	trace

Tinned Tomatoes	
Energy	20 cal
Protein	1.2 g
Carbohydrates	3.5 g
of which sugars	3.2 g
Fats	0.1 g
of which saturates	trace
Fibre	0.9 g
Sodium	0.1 g

Rice	
Energy	350 cal
Protein	8.0 g
Carbohydrates	77 g
of which sugars	trace
Fats	1.0 g
of which saturates	trace
Fibre	1.0 g
Sodium	trace

Soup	
Energy	47 cal
Protein	0.7 g
Carbohydrates	4.8 g
of which sugars	trace
Fats	2.9 g
of which saturates	0.2 g
Fibre	20.2 g
Sodium	0.3 g

Cup-a-Soup	
Energy	42 cal
Protein	0.5 g
Carbohydrates	7.6 g
of which sugars	1.5 g
Fats	1.1 g
of which saturates	0.7 g
Fibre	0.5 g
Sodium	0.2 g

Baked Beans	
Energy	90 cal
Protein	5.0 g
Carbohydrates	16 g
of which sugars	6 g
Fats	0.4 g
of which saturates	0.1 g
Fibre	3 g
Sodium	1.1 g

Cheesy biscuits	
Energy	517 cal
Protein	10.8 g
Carbohydrates	50.9 g
of which sugars	4.6 g
Fats	30 g
of which saturates	11.9 g
Fibre	2.5 g
Sodium	0.3 g

Cream biscuits	
Energy	480 cal
Protein	4.9 g
Carbohydrates	66.6 g
of which sugars	31.8 g
Fats	21.6 g
of which saturates	12.3 g
Fibre	2.1 g
Sodium	0.3 g

2. Recommended daily intake – food portions

Obesity is now a big health problem, so we are also recommended to take care about *how much* we eat. Guidelines for the recommended number of calories that men and women should eat each day are given in the table below:

Recommended maximum daily amounts for women and men:

Recommended maximum	Women	Men
Calories	2 000	2 500
Fat	70 g	95 g
Salt	5 g	7 g

On food labels it usually tells you how many calories there are in:

- 100 g of the food (as in the food labels shown above)
- the whole item, or some given portion of it.

You can use the label to work out roughly how many calories you will be eating depending on the size of your portion.

Examples:

Pizza: Typical values	per pizza (400g)	per 100g
Energy	780 cal	194
Protein	42 g	10.5 g
Carbohydrates	77 g	19.3 g
Fats	33 g	8.3 g
Sodium	2.2 g	0.6 g

If you eat **half the pizza**, you will be eating **half** the total number of calories:

$$\frac{1}{2} \text{ of } 780 \quad \text{i.e. about } 400 \text{ calories} \quad (1/2 \text{ of } 800)$$

If you eat a **third of the pizza**, you will have:

$$\frac{1}{3} \text{ of } 780 \quad \text{i.e. about } 260 \text{ calories}$$

Pasta: Typical values	per 100g
Energy	355
Protein	12.5 g
Carbohydrates	73 g
Fat	1.4 g
Sodium	trace

If you have a portion of **50 g of pasta**, you will be eating **half of the 100 g** amount shown:

$$\frac{1}{2} \text{ of } 355 \quad \text{i.e. about } 180 \text{ calories} \quad (1/2 \text{ of } 360)$$

Q 2(a) Use the information from the food labels below to work out roughly how many calories in the portions indicated:

Don't work out exact amounts; Use estimated amounts to work out the rough number of calories (as in the above examples)

Soup:	per can	per 100g
Energy	180 cal	47 cal
Protein	2.6 g	0.7 g
Carbohydrates	19 g	4.8 g
Fat	11.4 g	2.9g
Sodium	1.2 g	0.3 g

Roughly how many calories in half a can?

Baked beans:	per can	per 100g
Energy	360 cal	90 cal
Protein	22 g	5.0 g
Carbohydrates	68 g	16 g
Fat	1.6 g	0.4 g
Sodium	1.9 g	1.1 g

Roughly how many calories in a third of a can?

Rice: per 100g

Energy	360 cal
Protein	22 g
Carbohydrates	68 g
Fat	1.6 g
Sodium	1.9 g

Roughly how many calories in 50g?

Cheesecake: per cake per 100g

Energy	1200 cal	240 cal
Protein	18 g	4.5 g
Carbohydrates	180 g	45 g
Fat	70 g	18 g
Sodium	0.6 g	0.1 g

Roughly how many calories in a quarter of the cheesecake?

Q 2(b) Have a look at the labels of food items around you to see what information they give about the number of calories in different-size portions.

Health tables and charts – Answer sheet

Q 1(a)

A low saturated fat level	1 g
A high saturated fat level	5 g
A low sodium level	0.1 g
A high sodium level	0.5 g

Q 1(b) Examples of foods are:

Low saturated fat content: *tomatoes, rice, pasta, pasta sauce, soups, baked beans*

High saturated fat content: *cheesy biscuits, cream biscuits*

Low sodium content: *rice, tomatoes, pasta*

High sodium content: *baked beans*

Q 1(c) Food labels - ratings

Pasta Sauce	Rating
Sugars	Amber
Saturated fats	Green
Sodium	Amber

Pasta	Rating
Sugars	Green
Saturated fats	Green
Sodium	Green

Tinned Tomatoes	Rating
Sugars	Amber
Saturated fats	Green
Sodium	Green

Rice	Rating
Sugars	Green
Saturated fats	Green
Sodium	Green

Soup	Rating
Sugars	Green
Saturated fats	Green
Sodium	Amber

Cup-A-Soup	Rating
Sugars	Green
Saturated fats	Green
Sodium	Amber

Baked beans	Rating
Sugars	Amber
Saturated fats	Green
Sodium	Red

Cheesy biscuits	Rating
Sugars	Amber
Saturated fats	Red
Sodium	Amber

Cream biscuits	Rating
Sugars	Red
Saturated fats	Red
Sodium	Amber

Q 2. Calories in different-size food portions:

The rough number of calories in the portions given are:

Soup: About **100** calories
Baked beans: About **120** calories
Rice: About **180** calories
Cheesecake: About **300** calories

(1/2 of 200)

(1/3 of 360)

(1/2 of 360)

(1/4 of 1200)

Hints to help with working out:

$3 \times 12 = 36$, so $3 \times 120 = 360$

$4 \times 3 = 12$, so $4 \times 300 = 1200$