

Eat Well



Red amber and green colour coding

Increasingly our food nutrition labels use red, amber and green colour coding. Colour-coded nutritional information, as shown in the image above, tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.

- red is HIGH
- amber is MEDIUM
- green is LOW

The more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But any red on the label means the food is high in fat, saturated fat, salt or sugars, and these are the foods we should cut down on. Try to eat these foods less often and in small



Ingredients list

Most pre-packed food products also have a list of ingredients on the packaging.

Remember that ingredients are listed in order of weight, so the main ingredients in the packaged food always come first.

If the first few ingredients are high-fat ingredients eg cream, butter, oil, then the food in question is a high-fat food.

Food shopping tips

Write a shopping list

Draw up a weekly meal plan using up ingredients you already have and make a shopping list of any missing items.

Try not to shop when hungry. People who shop when hungry are more likely to spend more, especially on less healthy foods, such as high-fat and sugary snacks.

Eat more veg

Meat and fish are typically the most expensive food ingredients on a shopping list. How about adding vegetables to meat dishes such as casseroles to make your meals go further? Or try a few vegetarian meals during the week to keep costs down?

Make it fun by joining the thousands of people who regularly take part in meat-free Monday.



Beware of BOGOF offers.

Special discounts of buy-one-get-one-free (BOGOF) deals can offer good value, but be careful: only buy items you actually need and are likely to keep and use - tinned or frozen fruit and veg or rice and pasta are a good example.

Markdowns on perishables at the end of the shopping day are another way to bag a saving - but make sure the item gets used before the use-by-date and doesn't go off sooner than expected.

Our Family Support Worker



Mrs Joy Smith.



is here to help !

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