



FUNDACIÓN
EROSKI

contigo



SCHOOL OF
NUTRITION

4/

Nutrition information labelling and the nutrition traffic light



Energy to grow



The labels on food products give us a lot of information about how healthy a specific type of food is. It is much easier to understand the information on labels than it may appear and knowing how to interpret this information is a great help if you want to eat a balanced diet.



1/ Nutrition information labelling

It is very important to learn to interpret the information provided on food labels in order to be able to identify if a product is healthy or not. Its nutrition information labelling is a specific product's calling card. Luckily, more and more information is being provided on labels, which can help us decide whether to buy something or not more efficiently. In short, we should pay attention to the following when choosing a product:



- > **Legal name of the product.**
- > **List of ingredients.**
- > **Other complementary information:**
How to use it and how to keep it.
- > **Allergen information.**
- > **Nutrition information on the energy value of the product and the quantity of nutrients that it contains** (proteins, carbohydrates, fat and types, fibre, salt, etc.).
- > **Energy:** a measurement of energy, such as kilocalories.
- > **Expiry or Best Before date.**
- > **Quantity of the product contained in the package.**

> Legal name of the product.

> List of ingredients.

EL NÉCTAR MULTIFRUTAS EROSKI SANNIA NO CONTIENE AZÚCARES AÑADIDOS, SOLO LOS NATURALMENTE PRESENTES EN LAS FRUTAS QUE LO COMPONEN, POR ESO CONTIENE UN 57% MENOS DE AZÚCAR QUE UN NÉCTAR MULTIFRUTAS AZUCARADO.

INFORMACIÓN	INFORMAZIOA
Néctar multifrutas parcialmente a partir de concentrado con 5 vitaminas y edulcorantes. Contenido de fruta: mínimo 50%.	Fruta anitzeko nektarra, partzialki kontzentratutik sortua; 5 bitamina eta edulkoratzaileak dituena. Fruta-edukia: gutxienez % 50.
INGREDIENTES: Agua, zumos de naranja y manzana a base de concentrados (41%), purés de mango, plátano y maracujá (9%), acidulante: ácido cítrico, vitaminas A, B1, B6, B9, C y edulcorantes: aspartame y acesulfame.	OSAGAIAK: Ura, zuku kontzentratuetatik ateratako laranja- eta sagar-zukuak (% 41), mango-, banana- eta maracujá-purèak (% 9), azidotzailea: azido zitrikoa, bitaminak A, B1, B6, B9, C eta edulkoratzaileak: aspartamoa eta azesulfamoa.
MODO DE EMPLEO: Agitar antes de servir.	ERABILERA: Astindu zerbitzatu aurretik.
CONSERVACIÓN: Mantener en lugar fresco y seco. Una vez abierto conservar refrigerado y consumir en los 4 días siguientes.	KONTSERBAZIOA: Ireki ondoren, hozkailuan gorde, eta 4 egun igaro aurretik kontsumitu.
INFORMACIÓ	INFORMACIÓ
Néctar Multifruta parcialment a partir de concentrat amb 5 vitamines i edulcorants. Contingut de fruita: mínim 50%.	Néctar Multifroitas parcialment a partir de concentrado con 5 vitamines e edulcorants. Contido de froita: mínim 50%.
INGREDIENTS: Aigua, suc de taronja i de poma a base de concentrats (41%), purés de mango, plàtan i fruita de la passió (9%), acidulant: àcid cítric, vitamines A, B1, B6, B9, C i edulcorants: aspartam i acesulfam.	INGREDIENTES: Aigua, zums de laranja e mazà a base de concentrats (41%), purés de mango, plàtan e maracujá (9%), acidulant: àcid cítric, vitamines A, B1, B6, B9, C e edulcorants: aspartame e acesulfame.
INSTRUCCIONS D'ÚS: Agiteu-ho abans de servir-ho.	MODO DE EMPREGO: Axilar antes de servir.
CONSERVACIÓ: Quan ho hagueu obert, conserveu-ho refrigerat i consumeu-ho dins dels 4 dies següents.	CONSERVACIÓ: Unha vez aberto conservar refrigerado e consumir nos 4 dias seguintes.

> Other complementary information:
How to use it and how to keep it.

> Allergen information.

> Nutrition information on the energy value of the product and the quantity of nutrients that it contains: proteins, carbohydrates, fat and types, fibre, salt, etc.

! INFORMACIÓN ALÉRGICA
Contiene una fuente de fenilalanina.

INFORMACIÓN NUTRICIONAL

VALORES MEDIOS POR	100ml	por ración (200ml)
Valor energético	23kcal (98kJ)	46kcal (197kJ)
Proteínas	0,2g	0,4g
Hidratos de carbono	5,6g	11,1g
de los cuales azúcares	4,2g	8,5g
Grasas	0,0g	0,0g
de las cuales saturadas	0,0g	0,0g
de las cuales monoinsaturadas	0,0g	0,0g
de las cuales poliinsaturadas	0,0g	0,0g
Fibra alimentaria	0,1g	0,2g
Sodio	0,00g	0,00g
Vitamina A	120µg (15%CDR)	240µg (30% CDR)
Vitamina B1	0,17mg (15%CDR)	0,34mg (30% CDR)
Vitamina B6	0,21mg (15%CDR)	0,42mg (30% CDR)
Vitamina B9	30µg (15%CDR)	60µg (30% CDR)
Vitamina C	12mg (15%CDR)	24mg (30% CDR)

C.D.R.: Cantidades Diarias Recomendadas de vitaminas y minerales.
Una ración: 1 vaso (200ml). Este envase contiene 10 raciones.

EXPLICACIÓN DEL SEMÁFORO NUTRICIONAL

Cantidad de calorías en un vaso de néctar.	CALORÍAS	CALORÍAS 2.000 kcal
Porcentaje de calorías que te aporta un vaso de néctar respecto de las que necesitas en el día (CDO).	46	AZÚCAR 90g
	2%	GRASA 70g
		GRASA SATURADA 20g
		SAL 6g
		FIBRA 24g

● BAJO ● MEDIO ● ALTO

La Cantidad Diaria Orientativa (CDO) es una guía sobre la cantidad de calorías y varios nutrientes que debes ingerir al día para mantener una dieta sana. Una alimentación variada y equilibrada y algo de ejercicio físico son fundamentales para mejorar nuestra salud.

*Los porcentajes de Cantidad Diaria Orientativa (CDO) expresados en el frente del envase están calculados para una mujer adulta con una ingesta diaria de 2.000 kcal. Las necesidades nutricionales individuales pueden ser más altas o más bajas, en función del sexo, edad, nivel de actividad física y otros factores.

Consumir preferentemente antes del / Lote: Ver parte superior del envase

Contenido neto / Eduki garbia
Contingut net / Contido neto

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> Energy: a measurement of energy, such as kilocalories.

> Expiry or Best Before date.




> Quantity of the product contained in the package.

2/ What is the nutrition traffic light?

If you want something a little bit simpler, then take a look at the nutrition traffic light.

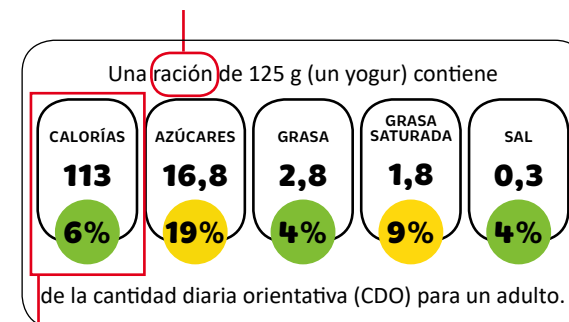
The **nutrition traffic light** is a system used to indicate a **product's nutrition information** in a simple, visual manner. It uses **green** (low), **yellow** (medium) and **orange** (high) to indicate the main nutrients that a product contains.

Colour system:

-  Less than 7.5% of GDA. The more green you see, the healthier the product is.
-  Between 7.5% and 20% of GDA. You should be careful and try not to buy things with a lot of yellow on the label.
-  More than 20% of GDA. You should not eat products with orange on the label very much.



A serving is the amount of the type of food eaten at each sitting.



On the top, there is information on the most important nutrients as far as health is concerned: sugar, fat, saturated fat, salt and, sometimes, fibre.

This percentage indicates how much of the Guideline Daily Amount (GDA) that we need to eat each serving contains. Yoghurt, for example, provides us with 6% of the recommended quantity of calories that we should consume in a day.

CALORÍAS

113

6%

The number indicates the amount of calories, sugar, fat, saturated fat, salt and nutrients that each serving provides.



THE FOOD TRAFFIC LIGHT

The colours tell us if a serving of the food contains a high, medium or low amount of calories, sugar, fat, saturated fat and salt relative to the quantity we should consume every day.

Did you
know... ?



A 10-year-old child who does sport every week needs from 1500 to 2000 kcal every day; a man needs between 2200 and 2700 kcal; and a woman needs from 1800 to 2200 kcal. The nutrition information labelling on food shows how many calories a specific product provides.

Eroski was the first supermarket to include the nutrition traffic light on its own products. It did this in order to meet customer demand.



What have we learned today?

- Nutrition information labels give us detailed information on the food that we are going to eat: fat, ingredients, how to keep it.
- The nutrition traffic light is an innovative system which shows how many nutrients each product contains in a simple, easy-to-understand way.

Activities

Nutrition information labelling and the nutrition traffic light

1 Read labels. Have you brought product packaging or labels to class? We are going to put ourselves in groups and we will read the labels of different products.

a) Do you think it is necessary to look at the food labels when you go shopping at the supermarket? Have you reached any conclusion?

c) What do you think is the most important thing that we should be aware of when choosing a certain product?

b) What did you not know about the labels that has now caught your attention?

Activities

Nutrition information labelling and the nutrition traffic light

2

The estimates game. This game consists of making estimates of the data of the labels.

a) What is the energetic value of a certain product?

b) Who guessed the closest?

c) What are the ingredients?

And from now on, when you go shopping with your parents, take a look at the nutritional warning signs and labeling. Your parents will be surprised.

