







Food	 Great choice per 100g	 Fair choice per 100g	 Poor choice per 100g
Carbohydrates of which sugars Sugars in cereals	5g or less 5g or less	5-10g 5-15g	Over 10g Over 15g
Fats	3g or less	3-20g	Over 20g
Saturated Fat	1.5g or less	1.5-5g	Over 5g
Salt	0.3g or less	0.3-1.5g	Over 1.5g
Sodium	100mg or less	100-600mg	Over 600mg
Fibre	Choose foods high in fibre. A product has fibre if it contains at least 3g per 100g of product. A product is high in fibre if it contains at least 6g per 100g of product.		

Drinks	 Great choice per 100mls	 Fair choice per 100mls	 Poor choice per 100mls
	Water	Other beverages eg. flavoured water	Energy drinks Alcoholic drinks Sugar sweetened beverages
Sugar	0g	2.5g or less	Over 2.5g
Fats	0g	1.5g or less	Over 1.5g
Saturated Fat	0g	0.75g or less	Over 0.75g

Plain white milk is part of a healthy diet and can be consumed in line with the Dietary Guidelines - the Mediterranean way!

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Health Promotion & Disease
Prevention Directorate



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A Shopper's Guide



Nutrition		
Typical Values	per 100ml	per se
Energy Value	180 kJ	260
(Calories)	40 kcal	60
Protein	0.5 g	0.5
Carbohydrate	9.0 g	1.0
(of which Sugars*)	9.0 g	1.0
Fat	0.1 g	0.1
(of which)		
Fibre		Tr
Sodium		
Salt		
Vitamin C		
(% of the R D A)		