You will see the power of Traffic Light Labels if you colour in a few of these blanks and stick them on the food in your pantry. The panel below shows the values for amber, higher values are red and lower values are green. Photocopy for extras.

**SHOPPING REMINDER**

GREEN < AMBER > RED

- FAT: >3 to <=20g
- SAT. FAT: >1.5 to <=5g
- SUGARS: >5 to <=12.5g
- SODIUM: >120mg to <=600mg

for DRINKS only

GREEN < AMBER > RED

- FAT: >1.5 to <=10g
- SAT. FAT: >0.75 to <=2.5g
- SUGARS: >2.5 to <=6.3g
- SODIUM: >120mg to <=600mg

**PREVENTION**  Stick to amber (in moderation) and green (eat freely).

**TREATMENT**  Here is where sticking to green lights all the time can make such a big difference.

www.saltmatters.org
www.findlowsaltfood.info

Version 2. Levels based on UK FSA Front of pack signpost labelling technical reference issue 2 November 2007