

<input type="radio"/> Fat	<input type="radio"/> Fat	<input type="radio"/> Fat
<input type="radio"/> Sat. Fat	<input type="radio"/> Sat. Fat	<input type="radio"/> Sat. Fat
<input type="radio"/> Sugars	<input type="radio"/> Sugars	<input type="radio"/> Sugars
<input type="radio"/> Salt (Sodium)	<input type="radio"/> Salt (Sodium)	<input type="radio"/> Salt (Sodium)
<input type="radio"/> Fat	<input type="radio"/> Fat	<input type="radio"/> Fat
<input type="radio"/> Sat. Fat	<input type="radio"/> Sat. Fat	<input type="radio"/> Sat. Fat
<input type="radio"/> Sugars	<input type="radio"/> Sugars	<input type="radio"/> Sugars
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<input type="radio"/> Sat. Fat	<input type="radio"/> Sat. Fat	
<input type="radio"/> Sugars	<input type="radio"/> Sugars	
<input type="radio"/> Salt (Sodium)	<input type="radio"/> Salt (Sodium)	

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.	
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