

A**B****1****2****Nutrition Information of Biscuits A**

per 100g	
Energy	XXkcal
Protein	XXg
Total fat	XXg
Saturated fat	2.0g
Trans fat	0.5g
Carbohydrates	XXg
Sugars	XXg
Sodium	700mg

Nutrition Information of Biscuits B

per 100g	
Energy	XXkcal
Protein	XXg
Total fat	XXg
Saturated fat	1.6g
Trans fat	0.4g
Carbohydrates	XXg
Sugars	XXg
Sodium	110mg

3**Tips for Choosing Healthier Food**

Check out the fat, sugars and sodium (or salt) contents in nutrition labels and make a healthier choice of "3 Low".

	What is High? (Choose less)		What is Low? (Choose more)	
	Per 100-g (more than)	Per 100 mL (more than)	Per 100 g (not more than)	Per 100 mL (not more than)
Total fat	20 g		3 g	1.5 g
Sugars	15 g	7.5 g	5 g	
Sodium	600 mg	300 mg	120 mg	



Nutrients	Daily intake upper limits	Excessive intake will increase risk of developing
Total fat	60 g*	Overweight and obesity
Sugars	50 g*	
Saturated fat	20 g*	Heart diseases
Trans fat	2.2 g*	
Cholesterol	300 mg	
Sodium	2000 mg	High blood pressure and stomach cancer

*Based on a 2000 kcal diet, individual intake amounts may be higher or lower depending on energy requirements.

Food Labelling Guide

KJ Lindholm-Leary



Food Labelling Guide:

Unveiling the Magic of Words: A Overview of "**Food Labelling Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Food Labelling Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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