

Traffic Light Food Colours

To look at when choosing foods

SERVES 1 - THIS PACK PROVIDES				
CALS 315	SUGAR 3.6g	FAT 12.6g	SAT FAT 8.1g	SALT 1.80g
16%	4%	18%	41%	30%
OF YOUR GUIDELINE DAILY AMOUNT				

1

Red Colour means high

Food with lots of red on the label is not very healthy, this would be a treat.



2

Amber colour means medium

You can eat foods that are amber most of the time.



3

Green Colour means Low

The more green on the label the healthier the choice. Eat freely.



4

Now have a look in the kitchen

Have a look in the cupboards, fridge and freezer,
What foods are the healthiest? ●
What foods are for most the time? ●
What food is a treat? ●