

Sample EU Food Labels

Wholegrain Breakfast Cereal

Ingredients: Wholegrain oats (70%), sugar, salt, natural flavouring, vitamins (B1, B2, B3, B6, B12), iron.

Nutrition Information:

Per 100g/ml	Per Serving
Energy: 1600 kJ / 380 kcal	Energy: 800 kJ / 190 kcal
Fat: 4.5g	Fat: 2.3g
Saturates: 0.7g	Saturates: 0.35g
Carbohydrates: 72g	Carbohydrates: 36g
Sugars: 12g	Sugars: 6g
Fibre: 7g	Fibre: 3.5g
Protein: 9g	Protein: 4.5g
Salt: 0.5g	Salt: 0.25g

100% Orange Juice

Ingredients: Orange juice from concentrate (100%).

Nutrition Information:

Per 100g/ml	Per Serving
Energy: 180 kJ / 42 kcal	Energy: 360 kJ / 84 kcal
Fat: 0.2g	Fat: 0.4g
Saturates: 0g	Saturates: 0g
Carbohydrates: 9g	Carbohydrates: 18g
Sugars: 9g	Sugars: 18g
Fibre: 0.2g	Fibre: 0.4g
Protein: 0.7g	Protein: 1.4g
Salt: 0g	Salt: 0g

Vegetarian Ready Meal (Lentil Stew)

Ingredients: Cooked lentils (40%), tomatoes, carrots, onions, sunflower oil, garlic, spices, salt.

Nutrition Information:

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Per 100g/ml	Per Serving
Energy: 500 kJ / 120 kcal	Energy: 1000 kJ / 240 kcal
Fat: 3.5g	Fat: 7g
Saturates: 0.4g	Saturates: 0.8g
Carbohydrates: 15g	Carbohydrates: 30g
Sugars: 4g	Sugars: 8g
Fibre: 5g	Fibre: 10g
Protein: 6g	Protein: 12g
Salt: 0.7g	Salt: 1.4g