

	<i>Low</i>	<i>Med</i>	<i>High</i>	INGREDIENT NAMES
<i>Sugar (g)</i>	<5	5-22.5	>22.5	-ose, __ sugar, __ syrup/nectar, __ juice, caramel, honey, molasses, dextrin/maltodextrin, treacle
<i>Fat (g)</i>	<3	3-17.5	>17.5	Trans: [Partially] hydrogenated vegetable oil (avoid if possible)
<i>Saturates (g)</i>	<1.5	<1.5-5	>5	Saturated: animal sources/ solid @ room temp (shortening, lard, butter, coconut oil). Unsaturated: (unmodified) plant/marine oils/ liquid @ room temp.
<i>Salt (g)</i>	<0.3	<0.3-1.5	>1.5	__ salt, -sodium/ sodium __, meat/yeast extracts, MSG, __ glutamate, hydrolysed__

Katie Wilson RD

WWW.SALTANDHONEY.CO.UK