

Low

Med

High

## INGREDIENT NAMES

Sugar (g)

<5

5-22.5

>22.5

-ose, \_\_ sugar, \_\_ syrup/nectar, \_\_ juice, caramel, honey, molasses, dextrin/maltodextrin, treacle

Fat (g)

<3

3-17.5

>17.5

**Trans:** [Partially] hydrogenated vegetable oil (avoid if possible)  
**Saturated:** animal sources/ solid @ room temp (shortening, lard, butter, coconut oil).

**Unsaturated:** (unmodified) plant/marine oils/ liquid @ room temp.

Saturates (g)

<1.5

<1.5-5

>5

Salt (g)

<0.3

<0.3-1.5

>1.5

\_\_ salt, -sodium/ sodium \_\_, meat/yeast extracts, MSG, \_\_ glutamate, hydrolysed\_\_