



NUTRITION CAMPAIGN

Take care of your nutrition with us

I read labels, I choose healthy products

CHECK ✓	
Caloric value 100g / serving	Daily requirements of adults (with an intake of 2000 kcal)
PROTEINS	50 g
CARBOHYDRATES	270 g
TOTAL FAT	< 70 g
SATURATED FAT	< 20 g
FIBER	< 25 g
SODIUM = SALT	< 2,4 g
SIMPLE SUGARS	< 90 g

AVOID ✗	
MSM Mechanically separated meat from bones	
PRESERVATIVES (e.g. sodium benzoate E211)	
MONOSODIUM GLUTAMATE (E621)	
SUGAR AND SWEETENERS	
(aspartame, glucose syrup, glucose-fructose syrup, maple syrup, dextrose, sucrose, corn malt)	
FOSFORANS	
SYNTHETIC PIGMENT	
HIGHLY PROCESSED PRODUCTS	
LONG EXPIRY DATE	

CHOOSE FOODS THAT ARE LOW IN SUGAR

> 10g high
2-10g average
< 2g low



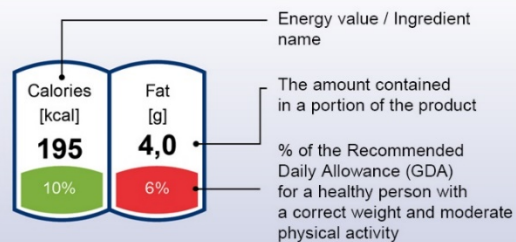
MARKETING SLOGANS AND PHRASES

✓	✗
Blueberry Yoghurt	Berry-flavored yogurt
Chocolate	Chocolate flavor
Fruit juice	Fruit drink

E IN THE COMPOSITION OF THE PRODUCT

- 100-199 Dyes
- 200 - 299 Preservatives
- 300 - 399 Antioxidants and acidity regulators
- 400 - 499 Emulsifiers, raising agents and gelling agents
- 500 - 599 Auxiliary means
- 600 - 699 Flavor enhancers
- 900 - 999 sweeteners, polishes
- 1000 - 1999 Stabilizers, preservatives, thickeners

GDA (daily energy requirements and the most important nutrients)



USEFUL APPLICATIONS



Check out and discover the website and application that facilitate the selection of healthy products in your native language. Any doubts about etiquette or healthy eating should be resolved with a dietitian.