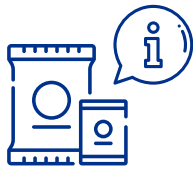


How to read a label?



Labels on beverages and food products give us information about the **nutritional value** and help us choose the healthier option

INFORMATION INCLUDED ON THE LABELS:

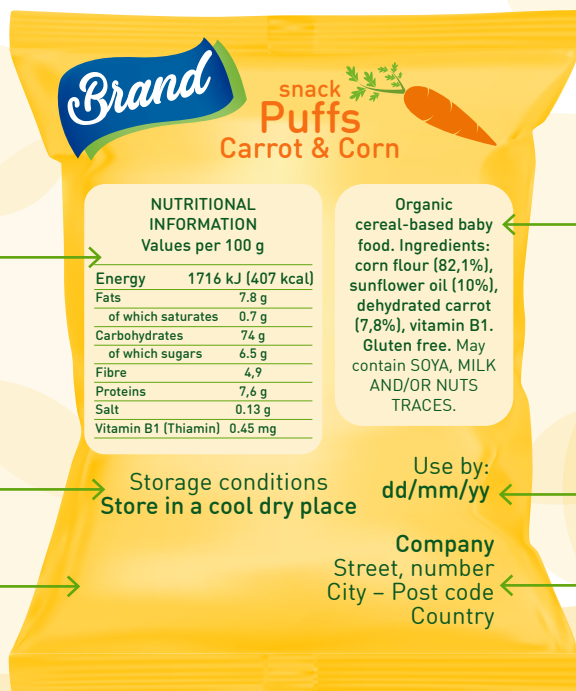
! The information included may differ per country.



Name of the food

Age indication
For example: **10+ months** means it is suitable for babies who are 10 months old or older

Net quantity of the food (g, kg, l, cl or ml)



Nutrition declaration per 100 g or 100 ml, or per serving size

Ingredients not listed here are not present in the product. Images of certain food ingredients not included in the product should be clearly marked as a 'serving suggestion'.

Storage conditions

Country of origin

Storage conditions
Store in a cool dry place

Use by: dd/mm/yy
Company
Street, number
City - Post code
Country

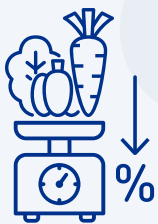
Use by date

Name and address of the company

NUTRITIONAL INFORMATION	
Values per 100 g	
Energy	1716 kJ (407 kcal)
Fats	7.8 g
of which saturates	0.7 g
Carbohydrates	74 g
of which sugars	6.5 g
Fibre	4.9 g
Proteins	7.6 g
Salt	0.13 g
Vitamin B1 (Thiamin)	0.45 mg

Organic cereal-based baby food. Ingredients: corn flour (82,1%), sunflower oil (10%), dehydrated carrot (7,8%), vitamin B1. Gluten free. May contain SOYA, MILK AND/OR NUTS TRACES.

good to know!



All the **ingredients** are arranged in descending order of weight. Additionally, the quantity (%) of an ingredient must be included when it appears in the name of the food, is emphasised on the labelling or is essential to characterise the food.



The **net quantity** of a food is expressed in units of mass (g or kg) or in units of volume (l, cl, ml) in the case of liquid products.

Those **ingredients** which **cause allergies or intolerances** are clearly distinguished from the rest of ingredients by being presented in **bold, italics or CAPITAL LETTERS**.



Storage and conditions of use can be required for the appropriate consumption of the food product.



Nutrition declaration per 100 g or 100 ml or per serving size

- Energy value
- Fat (saturated, mono- and polyunsaturated fatty acids)
- Carbohydrates (sugars, polyols, starch and fibre)
- Protein
- Vitamins
- Minerals
- Salt



Minimum durability date or 'use by' date

- **Best before (month/year)** minimum durability date. Past this date the quality properties (colour, aroma, taste...) of the food products may be deteriorated but the food product may be still safe to consume.
- **Use by (day/month/year)** in highly perishable food products which are no longer safe to consume past this date.



IN ADDITION, THE BEVERAGES AND FOOD PRODUCTS COULD INCLUDE INFORMATION SUCH AS

Voluntary certifications



Organic



Protected designations of origin



Rainforest alliance

Voluntary Front Of Pack Logos

Each grilled burger (94g) contains

Energy	Fat	Saturates	Sugars	Salt
924 kJ 220 kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake
Typical values (as sold) per 100g: Energy 966 kJ / 230kcal



*Nutri-Score is only used for foods and beverages targeted at 3+ years.

