



## READING FOOD LABELS FOR FAT

Some labels have the fat content per portion already written on the label.

| Fat content per portion | Number of exchanges |
|-------------------------|---------------------|
| 0 - 0.3 g               | Free                |
| 0.4g - 0.7 g            | ½                   |
| 0.8g - 1.2 g            | 1                   |
| 1.3g - 1.7g             | 1½                  |
| 1.8g - 2.2g             | 2                   |

If the fat content per portion is not on the label, to calculate the fat content per portion you will need to know two things:

- Know the amount or weight of the product to be eaten
- Know the fat content per 100g.

It is worked out by:

$$\frac{\text{Weight of the product to be eaten} \times \text{Fat content per 100g}}{100}$$