Understanding food labels: Terminology

* **RNI**: reference nutrient intake
* **Energy**: the number followed by “kcal” tells us how many calories are in a serving -although it’s important to remember most food items contain multiple servings
* **Enriched**: nutrients are added to the food item to replace those lost during processing
* **Fortified**: nutrients are added to the food item that were not originally present
* **Best before date**: the recommended date for optimal quality of the product
* **Use by date**: the date by which you must consume the food product by
* **Daily value**: the daily nutrient requirement based on a 2000 calorie diet
* **No added sugars**: products where no sugars have been added as ingredients
* **Low fat**: the product contains no more than 3g of fat per 100g
* **Light or lite:** the product is at least 30% lower in at least one typical value, compared to similar products
* **May contain:** ingredients that are not included deliberately, but there may be traces present due to where the food was processed
* **High in fibre**: must contain at least 6g of fibre per 100g

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