Healthy Eating and Food Labels

Sometimes the food we buy in a shop has a label like this.

These are some of the different kinds of labels used on foods you can buy in the shops.
Green shows that the food is low in fat, salt or sugar.

Orange shows that the food has some fat, salt or sugar.

Red shows that the food is high in fat, salt or sugar.

It is good to try to eat things with the orange or green labels. This can help you to be healthy.