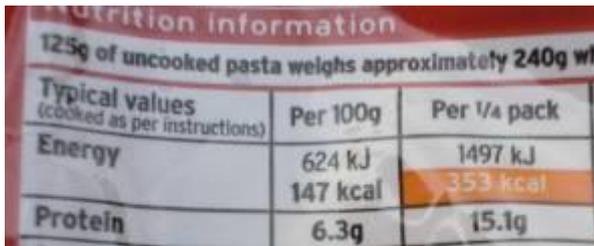


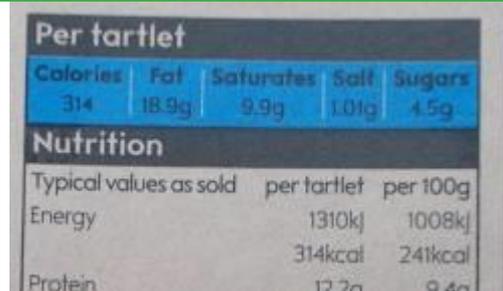
Labels and calories

You can find out the calorie content of some foods by looking at the label. Amounts are written as calories, though this is often shown as 'kcal'. Often, there is also another number written as joules or as kJ. This is simply another way of measuring the energy in food. Have a look at these examples:



Nutrition information		
125g of uncooked pasta weighs approximately 240g wt		
Typical values (cooked as per instructions)	Per 100g	Per 1/4 pack
Energy	624 kJ 147 kcal	1497 kJ 353 kcal
Protein	6.3g	15.1g

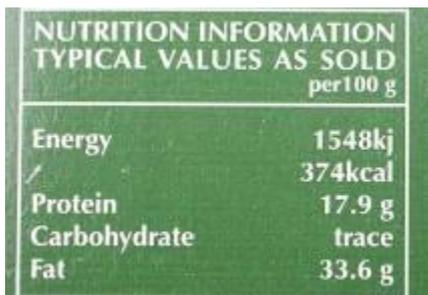
This egg pasta contains 147 calories in every 100 g (3½ ounces).



Per tartlet				
Calories	Fat	Saturates	Salt	Sugars
314	18.9g	9.9g	1.01g	4.5g

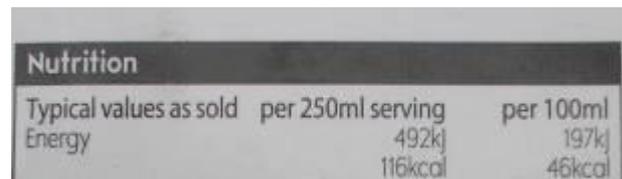
Nutrition		
Typical values as sold	per tartlet	per 100g
Energy	1310kJ	1008kJ
	314kcal	241kcal
Protein	12.7g	9.4g

One of the salmon tartlets in this pack contains 314 calories.



NUTRITION INFORMATION	
TYPICAL VALUES AS SOLD	
per 100 g	
Energy	1548kJ 374kcal
Protein	17.9 g
Carbohydrate	trace
Fat	33.6 g

This tin of sardines contains 374 calories in every 100 grams (3½ ounces).



Nutrition		
Typical values as sold	per 250ml serving	per 100ml
Energy	492kJ	197kJ
	116kcal	46kcal

This orange juice contains 116 calories in a standard glass.
For every 100 ml there are 46 calories.



Nutrition Information			
Typical values per 100ml: Energy 268 kJ, 64 kcal; Protein 3.2g			
Carbohydrate 4.7g of which sugars 4.7g; Fat 3.6g of which saturates 2.3g; Fibre nil; Salt 0.14g of which sodium trace; Calcium: 119mg (15% RDA).			
RDA means recommended daily allowance.			
Per 200ml serving:	128 kcal	fat 7.2g	salt 0.28g

This carton of milk (1 pint) contains about 360 calories (calculated from the information given).



Per 75g serving		
Calories	Fat	Saturates
255	0.8g	0.2g

This rice contains 255 calories for a serving of 75 grams (about 2½ ounces).

As you can see the information about calories on the label is buried amongst a lot of other information about the type of food in the packet. It is also important to note that the number of calories given on the label is not for the whole packet. It is often given as 'per 100 g' or 'per 100 ml'. Sometimes (like some examples shown here) a 'typical serving' is given to help you calculate how many calories there are in a typical meal.