

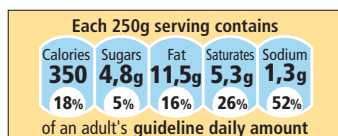
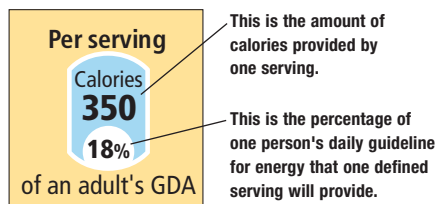
## What are Guideline Daily Amounts?

Manufacturers can provide on a voluntary basis additional nutrition information such as Guideline Daily Amounts (GDAs). GDAs indicate the contribution of one portion (serving) of food in terms of energy (Calories) and key nutrients to a person's daily intake guideline.

As nutritional requirements vary depending on age, weight, height, gender and the level of physical activity, GDAs are not targets for individuals but guideline values which have been set for a healthy person of average weight, having an average level of activity. Energy requirements, for example, differ between 1500 to 2000 Calories per day for children, 2200 to 2700 Calories per day for men and 1800 and 2200 Calories per day for women.

Where GDAs are used in food labelling, the general adult values are taken as those for women as they approximate best to the needs of the majority of the population.

### Example of GDA for Minced chicken with rice and vegetables



### What are Guideline Daily Amounts ?

<b>Energy</b>	2000 kcal
<b>Protein</b>	50 g
<b>Carbohydrate</b>	270 g
<b>Sugars</b>	90 g
<b>Fat</b>	70 g
<b>Saturated fat</b>	20 g
<b>Fibre</b>	25 g
<b>Sodium (Salt)</b>	2,4 g (6 g)

## How does this relate to your diet?

### Nutritionists recommend that we consume a balanced diet based on:

- 50 - 55% of total energy from carbohydrate, including sugars
- 30 - 35% of total energy from fat, including saturated fats
- 10 - 15% of total energy from protein

For example, an average active woman with energy needs of about 2000 calories per day, should consume approximately 250 to 275g of carbohydrate, 65 to 75g of fat and 50 to 75g of protein.

**A balanced diet will not always be achieved in a single meal, but in the course of a daily and/or weekly timeframe. Eating a variety of foods helps us to achieve this balance and at the same time adds pleasure to the eating experience. Thus, any food can be part of a healthy, enjoyable and balanced diet.**

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## Nutrition Labelling:

# Understanding the information



# Example of *nutrition information*

Labels are the “identity cards” for the food we purchase and consume. Amongst others they provide information about:

**Ingredients** that are listed according to the amount used in a product, from those used at the highest level to those used at the lowest level.

**Nutrition information** indicating the amount of energy provided per 100 g or 100 ml of the product, along with the amount of key nutrients, such as - protein, carbohydrate and fat. Vitamins, minerals and fibre can also be shown. Many product labels also provide the nutritional composition for a single serving of the product.

## Minced chicken with rice & vegetables

**Ingredients:** cooked rice (38,5%), cooked chicken meat (19%), peas (12,5%), emmental cheese, maize, onion (4%), mushrooms (4%), salt, flavourings, sunflower oil.

### Example of Nutrition information panel<sup>1</sup>

	Per 100g	Per 250g serving
<b>Energy</b>	589 kJ / 140 kcal	1473 kJ / 350 kcal
<b>Protein</b>	10,2 g	25,5 g
<b>Carbohydrate</b>	14,6 g	36,5 g
<b>of which sugars</b>	1,9 g	4,8 g
<b>Fat</b>	4,6 g	11,5 g
<b>of which saturates</b>	2,1 g	5,3 g
<b>Fibre</b>	1,4 g	3,5 g
<b>Sodium</b>	0,5 g	1,3 g
<b>Vitamins</b>		
<b>B1</b>	0,21 mg (15% of RDA)	0,53 mg (38% of RDA)
<b>Minerals</b>		
<b>Calcium</b>	158 mg (20% of RDA)	395 mg (49% of RDA)

**Energy** is mainly provided by the consumption of carbohydrate, fat and protein. It is expressed in kilocalories (kcal) or Calories in everyday language, and kilojoules (kJ).  
1kcal = 4,2 kJ

#### Energy value in kcal and kJ:

1g of protein = 4 kcal = 17kJ

1g of carbohydrate = 4 kcal = 17kJ

1g of fat = 9 kcal = 37kJ

**Protein** is composed of amino acids and is essential for growth and repair of the body. Sources of protein include: meat (products), fish, eggs, dairy products, pulses and cereals.

**Carbohydrate** provides fuel for the body. It consists of starches and sugars. The nutrition panel indicates the total quantity of carbohydrate and, sometimes, on the line below, the amount of carbohydrate that comes from sugars. Sources of starches include: bread, potatoes, cereal products, rice and pasta. Sources of sugars include fruits, vegetables and sweet products in general.

**Recommended Daily Allowances (RDA)** are reference values defined by science and included in legislation, which indicate the amount of various vitamins and minerals that are needed by most people to stay healthy. Vitamins and minerals are listed on a food label based on the amount present in a specified quantity of the food and the percent of the RDA that this amount represents. Using this information, a consumer can see how a product contributes to their total daily need for vitamins and minerals. For example, 158 mg of calcium contributes 20% of the recommended daily allowance for calcium (800mg).

(1) Nutrition information may be displayed in a standard table of 4 or 8 nutrients, with the option of adding vitamins and minerals, depending on the claim made and the producers' choice.

## What are nutrients?

Nutrients are the components provided by food, which “nourish” the body and contribute to growth and development. They include: protein, carbohydrate, fat, vitamins and minerals. While fibre does not directly contribute to growth and development, it is important for the proper functioning of the intestinal tract and thus is commonly considered to be a nutrient.

**Fat** is a source of energy and essential fatty acids. Fat is a carrier for fat-soluble vitamins and is essential for the functioning of cells. It is composed of fatty acids (saturated, monounsaturated and polyunsaturated), which are named according to their chemical structure. Omega-3 and Omega-6 fatty acids are unsaturated.

**Fibre** helps maintain a healthy digestive system and is believed to help control appetite. Sources of fibre include: breakfast cereals and bread, vegetables, pulses and fruits.

**Sodium** is a component of common salt and other ingredients and is naturally present in certain foods. To calculate the salt equivalent of a food, multiply the sodium value by 2,5.

**Vitamins and minerals**, although present in small quantities, are indispensable for the proper functioning of the body. Foods provide many different types of vitamins and minerals. Several vitamins are referred to by a letter of the alphabet, e.g., Vitamin A, C, D, E, while others use names, e.g., thiamin (B1), riboflavin (B2), niacin (B3). Minerals are referred to by their chemical designation, e.g., calcium, iron, magnesium.

For additional nutritional product information, contact the manufacturer.