

How to read nutritional labelling

VALORI MEDI PER 100g DI PRODOTTO - TYPICAL VALUES PER 100g - VALORES POR 100g DE PRODUCTO - VALEURS MOYENNES POUR 100g DE PRODUIT - DURCHSCHNITTSWERTE PRO 100g PRODUKT

● Valore Energetico - Energy - Valor energético - Valeur énergétique - Brennwert	kJ 971/kcal 232
● Proteine - Proteins - Proteínas - Protéines - Eiweiß	9 g
● Carboidrati - Carbohydrates - Hidratos de carbono - Hydrates de carbone - Kohlenhydrate	31 g
● Lipidi - Fat - Lípidos - Lipides - Fett	8 g

The energy value indicates the quantity of energy provided by the food and it is an important factor in maintaining the right balance between calorie intake and calories burnt (energy balance). On nutritional labelling energy values are expressed in kilocalories (Kcal) and in Kilojoules (KJ). Generally speaking a man of average height and weight needs around 2500 calorie per day, while a woman needs around 2000 calorie per day. It is important to compare your own daily energy requirement with the calories contained in the food you eat throughout the day.

Fats have a high energy value and perform many biological functions. Fats contained in vegetable based foods (such as olive oil, seed oils and nuts) are good for us in the right quantities. Consumption of fats contained in red meat, cured meats, cheeses and sauces (mayonnaise, margarine, butter, cream and mascarpone) should be limited because they may contain saturated fats and cholesterol.

Basic nutritional contents expressed in g per 100 g of product

Carbohydrates provide our short-term energy reserves. They are absorbed quickly, processed and used immediately to supply us with energy. If we eat too many carbohydrates and they are not used, the metabolism converts them into fats, which are stored by the body increasing one's overall body fat. Foods that contain carbohydrates can be divided into two groups: high density carbohydrates (cereals and potatoes) and low density carbohydrates (pulses, fruit and vegetables).

Proteins guarantee the construction, maintenance and repair of body tissues, they transport other molecules and they have hormonal and energetic functions. They can be divided into vegetable proteins (pulses) and animal proteins (meat, cheese, cured meats, eggs, milk and other dairy products). The latter are very rich in protein but often contain saturated fats and cholesterol.

GDA (GUIDELINE DAILY AMOUNTS)

SUGGESTED DAILY AMOUNTS (PER PORTION)			
Energy (Kj/Kcal)	8372/2000	10465/2500	100%
Protein (g)	75	95	100%
Carbohydrates (g)	275	345	100%
Fats (g)	67	80	100%
Saturated fats (g)	20	30	MAX
Cholesterol (mg)	300	300	MAX
Sodium(g)/Salt equivalent (g)	2,4 / 6	2,4 / 6	MAX
Fibre (g)	25	25	100%
GDA for adults	2000 Kcal for women	2500 Kcal for men	(Total)

Values expressed in grams (g), equal to 100% of the recommended daily amount.

GDAs for women (in pink) and men (in blue) based on a diet where the daily intake is 2000 and 2500 Kcal respectively.