

## Here's how the What's Inside Guide can help you keep tabs on what you're eating:



← This figure tells you how many grams/calories there are in one serving or portion of your food.

← This is the percentage of your overall Guideline Daily Amount that you are about to eat.

[www.whatsinsideguide.com](http://www.whatsinsideguide.com)

**Guideline  
Daily  
Amounts  
for an  
average  
healthy  
adult or  
child**

An adult's guideline daily amount is:

Calories  
**2000**

Sugars  
**90g**

Fat  
**70g**

Saturates  
**20g**

Salt  
**6g**

A 5-10 year old's guideline daily amount is:

Calories  
**1800**

Sugars  
**85g**

Fat  
**70g**

Saturates  
**20g**

Salt  
**4g**