Food and drink labels

What is in the portion I actually eat?

Drink A - 75 ml



8 g sugars
per 100 ml

8 x 75 / 100

6 g sugars
in the whole bottle

Drink B - 500 ml



1.6 g sugars
per 100 ml

1.6 x 500 / 100

8 g sugars
in the whole bottle

B has less per 100 ml, but more sugar in its whole bottle.

Two useful questions

Per 100 g/ml compares equal amounts. Your total depends on how much you actually have. Label figure x amount / 100 gives the nutrient amount.

The bottle comparison

Drink A: 8 g sugars per 100 ml, in 75 ml, gives 6 g. Drink B: 1.6 g per 100 ml, in 500 ml, gives 8 g. B has the lower label figure but more sugar in the whole bottle.

The fibre comparison

Bread A: 6 g fibre per 100 g; 40 g eaten gives 2.4 g. Bread B: 3 g per 100 g; 150 g eaten gives 4.5 g. A has more per 100 g, but B gives more in these different portions.

Only having some?

Use the amount you actually have: 250 ml of Drink B gives 1.6 x 250 / 100 = 4 g sugars. These are made-up examples, not recommended portions.

Before choosing

Match g/ml and food as sold, drained or prepared; check allergens. Sugars are part of carbohydrate. Total label sugars are different from free sugars. The web guide includes a portion calculator.

Sources and full guidance

NHS: Food labels
NHS: Sugar: the facts
NHS: Salt in your diet
NHS: Processed foods

A summary of the web guide, not a complete assessment of your needs. Full guide | Scope and personal advice.