

How to Play Food Flip

- Shuffle the cards and deal between the players with cards facing down (max 6 players)
- Players should look at their top card but keep it hidden from other players
- Player 1 (youngest player) picks a category from their top card (energy, total fat, saturated fat, sugar, salt) and reads out its value
- Player 2 reads out the value of the same category from their top card (you cannot look through the pile for a different card)
- The player with the lowest value wins the round and takes both cards and places them at the bottom of their pile.
- The player who won the round then gets to pick any category from the new card at the top of their pile.
- If there is a draw (the cards have the same value), place the cards in between the two players. The winner of the next round gets to take all 4 cards (including the ones in the middle)
- The winner of the game is the one with all the cards in the pack.

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Traffic Light Label

To let us know if a food or drink has high, medium or low amounts of fat, saturated fat, sugars and salt, many products have a front of pack colour-coded nutrition label - or 'traffic light label' because they use the same colours as traffic lights that we see on the roads.

Energy	Fat	Saturated	Sugar	Salt
21%	17.1g	7.7g	4.2g	0.8g
21%	26%	39%	5%	30%

Red means high
Amber means medium
Green means low

A product with lots of red labels is less healthy and so we should try to have these food and drinks less often.
A product with more green labels is healthier and so we should feel free to have these food and drinks more often.

Have a look in your cupboards at home. How many products have traffic light labels?
If you find a product without a traffic light label, you can use the table below to make one!

Nutrient	LOW	MEDIUM	HIGH
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g
Saturated	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g
Sugar	≤ 5.0g/100g	> 5.0g to ≤ 22.5g/100g	> 22.5g/100g
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	> 1.5g/100g

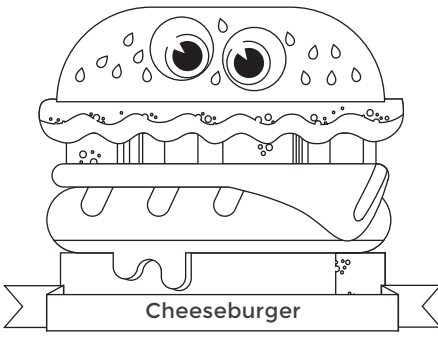
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Baked Beans

There are approximately 465 beans in every can of baked beans. Do you have a tin of beans at home? If so check to see if the sugar or salt is lower than the one on the card, and if it is you can use that figure instead!

Energy	78kcal
Total Fat	0.2g
Saturated fat	<0.1g
Sugar	4.7g
Salt	0.6g

Approximate Nutrition Facts for 100 grams for product.

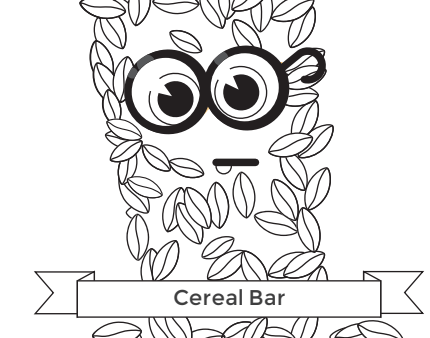


Cheeseburger

There is a burger in America called the 'Fleurburger 5000' which costs \$5000! (that's £4060).

Energy	<input type="text" value="247kcal"/>
Total Fat	<input type="text" value="11g"/>
Saturated fat	<input type="text" value="4.8g"/>
Sugar	<input type="text" value="5.0g"/>
Salt	<input type="text" value="1.4g"/>

Approximate Nutrition Facts for 100 grams for product.

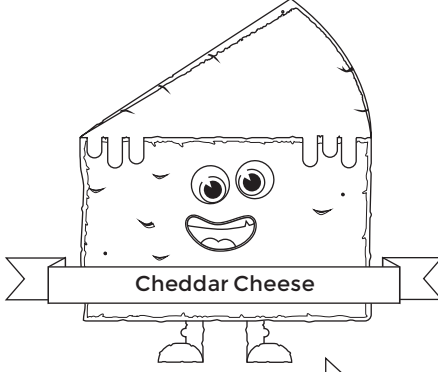


Cereal Bar

Next time you're out shopping, or on a supermarket website (may need parental guidance) find a cereal bar with less than 5g sugar per 100g or a green traffic light for sugar.

Energy	<input type="text" value="456kcal"/>
Total Fat	<input type="text" value="17.2g"/>
Saturated fat	<input type="text" value="2.4g"/>
Sugar	<input type="text" value="28.3g"/>
Salt	<input type="text" value="0.80g"/>

Approximate Nutrition Facts for 100 grams for product.

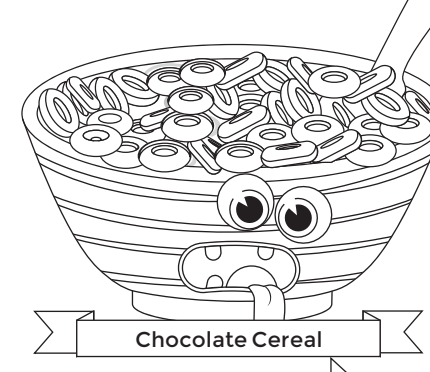


Cheddar Cheese

Wensleydale cheese is Wallace and Gromit's favourite cheese! Have a look in your fridge to see what cheese you have, does it have more or less salt than the one on your card?

Energy	<input type="text" value="416kcal"/>
Total Fat	<input type="text" value="34.9g"/>
Saturated fat	<input type="text" value="21.7g"/>
Sugar	<input type="text" value="0.1g"/>
Salt	<input type="text" value="1.8g"/>

Approximate Nutrition Facts for 100 grams for product.

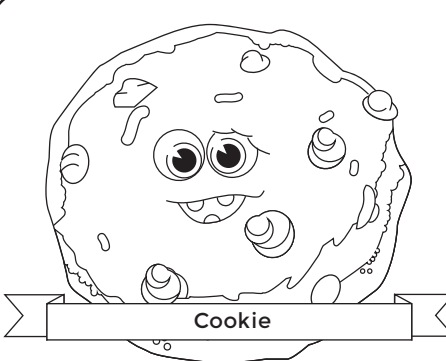


Chocolate Cereal

Have a look in your cereal cupboard - what cereals do you have? Rank them from highest in sugar to lowest in sugar. Can you find a cereal with less than 5g sugar/100g or a green traffic light on for sugar?

Energy	<input type="text" value="115kcal"/>
Total Fat	<input type="text" value="4.4g"/>
Saturated fat	<input type="text" value="2.4g"/>
Sugar	<input type="text" value="13.4g"/>
Salt	<input type="text" value="0.26g"/>

Approximate Nutrition Facts for 100 grams for product.

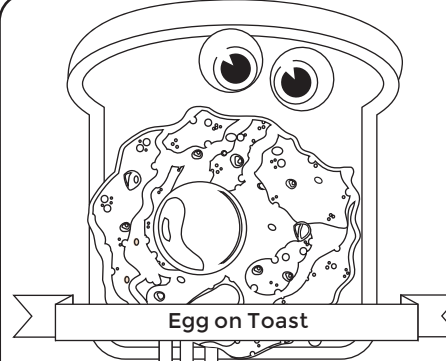


Cookie

The world's biggest chocolate chip cookie weighed over 18,144 kg in May 2003 and was 30.7m wide! (That is about as heavy as 3 elephants and as wide as the length of 2 and a half lorries!)

Energy	<input type="text" value="491kcal"/>
Total Fat	<input type="text" value="221g"/>
Saturated fat	<input type="text" value="11.3g"/>
Sugar	<input type="text" value="34.4g"/>
Salt	<input type="text" value="0.55g"/>

Approximate Nutrition Facts for 100 grams for product.

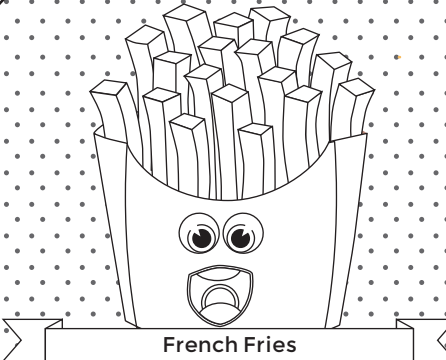


Egg on Toast

You can tell if an egg is fresh by dropping it (carefully!) into water. If it drops to the bottom or hovers in the middle it's good to eat, but if it floats to the top throw it away as it has gone off!

Energy	<input type="text" value="228kcal"/>
Total Fat	<input type="text" value="10.1g"/>
Saturated fat	<input type="text" value="2.1g"/>
Sugar	<input type="text" value="1.6g"/>
Salt	<input type="text" value="0.76g"/>

Approximate Nutrition Facts for 100 grams for product.

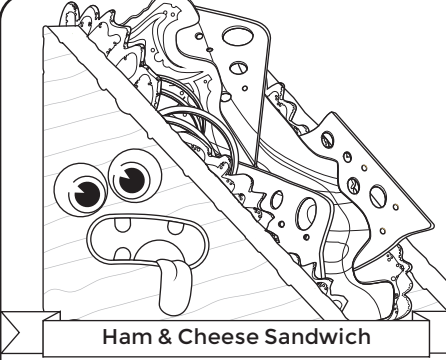


French Fries

French fries were actually created in Belgium, and not France! They even have a french fry museum called Frietmuseum!

Energy	<input type="text" value="243kcal"/>
Total Fat	<input type="text" value="12g"/>
Saturated fat	<input type="text" value="4.3g"/>
Sugar	<input type="text" value="0.5g"/>
Salt	<input type="text" value="0.5g"/>

Approximate Nutrition Facts for 100 grams for product.

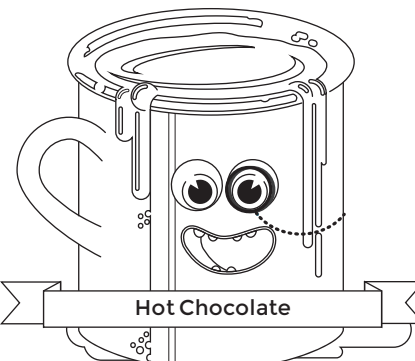


Ham & Cheese Sandwich

Next time you fancy a sandwich add some colour to it with salad, veggies or even fruit! Ever tried a banana sandwich?

Energy	<input type="text" value="247kcal"/>
Total Fat	<input type="text" value="10.8g"/>
Saturated fat	<input type="text" value="4.6g"/>
Sugar	<input type="text" value="2.5g"/>
Salt	<input type="text" value="1.1g"/>

Approximate Nutrition Facts for 100 grams for product.

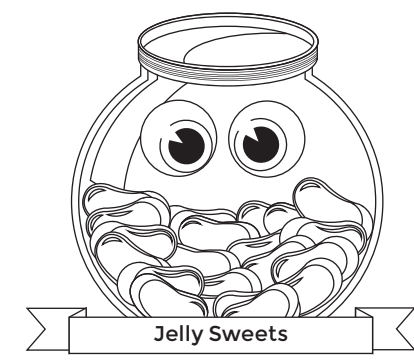


Hot Chocolate

The Mayans created the first 'hot chocolate' by drying, grinding and mixing cocoa beans with water and often chilli! The Aztecs called it 'xocolatl'.

Energy	<input type="text" value="72kcal"/>
Total Fat	<input type="text" value="2g"/>
Saturated fat	<input type="text" value="1.3g"/>
Sugar	<input type="text" value="7.3g"/>
Salt	<input type="text" value="0.1g"/>

Approximate Nutrition Facts for 100 ml for product.

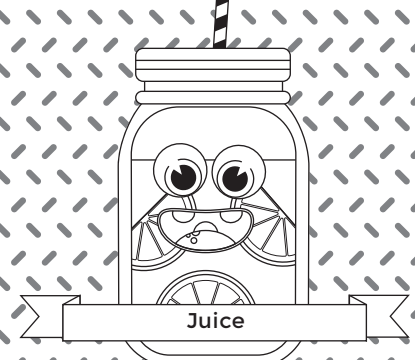


Jelly Sweets

The largest gummy sweet was made in Germany in February 2014. It weighed 512kg (as heavy as about 17 labradors!)

Energy	<input type="text" value="343kcal"/>
Total Fat	<input type="text" value="<0.5g"/>
Saturated fat	<input type="text" value="0.1g"/>
Sugar	<input type="text" value="46g"/>
Salt	<input type="text" value="<0.07g"/>

Approximate Nutrition Facts for 100 grams for product.

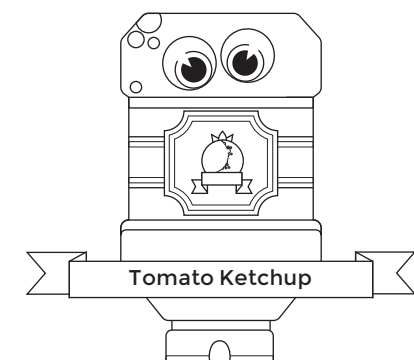


Juice

Did you know it takes around 3 large oranges squeezed to make a small glass of juice?

Energy	<input type="text" value="43kcal"/>
Total Fat	<input type="text" value="0g"/>
Saturated fat	<input type="text" value="0g"/>
Sugar	<input type="text" value="8.9g"/>
Salt	<input type="text" value="0g"/>

Approximate Nutrition Facts for 100 ml for product.



Tomato Ketchup

Do you have tomato sauce in your fridge? If the sugar or salt is lower than the one on the card, you can use that figure instead of the one on this card.

Energy	<input type="text" value="102kcal"/>
Total Fat	<input type="text" value="0.1g"/>
Saturated fat	<input type="text" value="0g"/>
Sugar	<input type="text" value="22.8g"/>
Salt	<input type="text" value="1.8g"/>

Approximate Nutrition Facts for 100 grams for product.

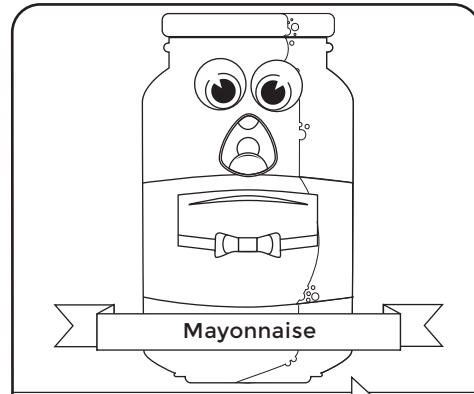


Marshmallow

The Ancient Egyptians were the first to enjoy marshmallows made of mallow sap and honey!

Energy	<input type="text" value="328kcal"/>
Total Fat	<input type="text" value="0.1g"/>
Saturated fat	<input type="text" value="0.1g"/>
Sugar	<input type="text" value="62.3g"/>
Salt	<input type="text" value="0.05g"/>

Approximate Nutrition Facts for 100 grams for product.

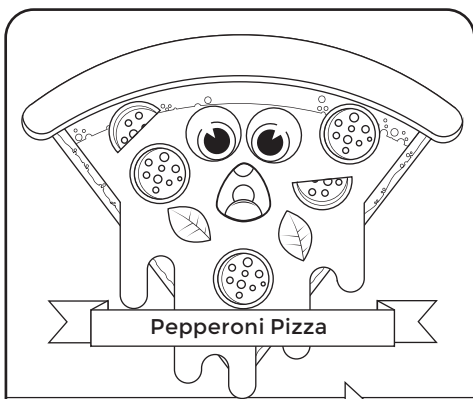


Mayonnaise

Do you have mayonnaise in your fridge? If the fat, saturated fat, sugar or salt is lower than the one on the card, you can use that figure instead of the one on this card.

Energy	<input type="text" value="721kcal"/>
Total Fat	<input type="text" value="79g"/>
Saturated fat	<input type="text" value="6.2g"/>
Sugar	<input type="text" value="1.3g"/>
Salt	<input type="text" value="1.5g"/>

Approximate Nutrition Facts for 100 grams for product.

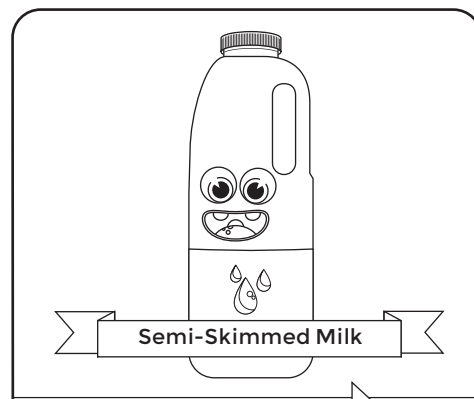


Pepperoni Pizza

You can make your own pizza using a wrap as the base, tomato sauce and then plenty of veggies on top - why not try to make a self portrait?

Energy	<input type="text" value="355kcal"/>
Total Fat	<input type="text" value="15.1g"/>
Saturated fat	<input type="text" value="7.1g"/>
Sugar	<input type="text" value="5.8g"/>
Salt	<input type="text" value="1.85g"/>

Approximate Nutrition Facts for 100 grams for product.

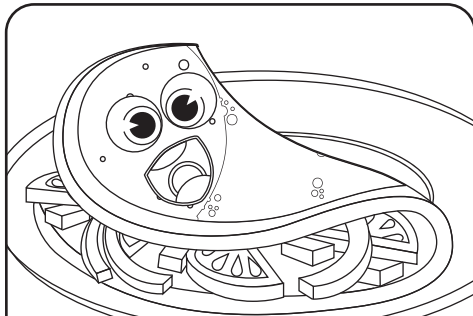


Semi-Skimmed Milk

Milk is packed full of calcium to help us build strong and healthy bones and teeth.

Energy	<input type="text" value="50kcal"/>
Total Fat	<input type="text" value="1.8g"/>
Saturated fat	<input type="text" value="1.1g"/>
Sugar	<input type="text" value="4.8g"/>
Salt	<input type="text" value="0.1g"/>

Approximate Nutrition Facts for 100 ml for product.

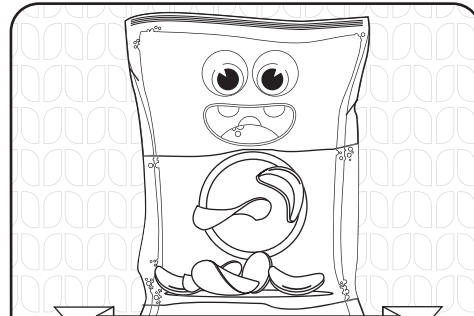


Omelette

Next time you make an omelette, choose 3 different coloured vegetables to create a rainbow!

Energy	<input type="text" value="119kcal"/>
Total Fat	<input type="text" value="7.7g"/>
Saturated fat	<input type="text" value="1.6g"/>
Sugar	<input type="text" value="1.8g"/>
Salt	<input type="text" value="0.26g"/>

Approximate Nutrition Facts for 100 grams for product.

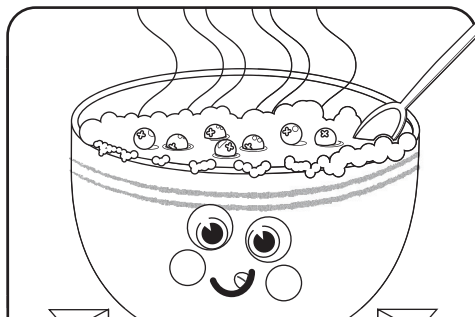


Ready Salted Crisps

In 2013, the biggest packet of crisps was recorded at 1,141 kg! That's the same as 45,640 packets of regular crisps!

Energy	<input type="text" value="526kcal"/>
Total Fat	<input type="text" value="31.9g"/>
Saturated fat	<input type="text" value="2.6g"/>
Sugar	<input type="text" value="0.4g"/>
Salt	<input type="text" value="1.4g"/>

Approximate Nutrition Facts for 100 grams for product.

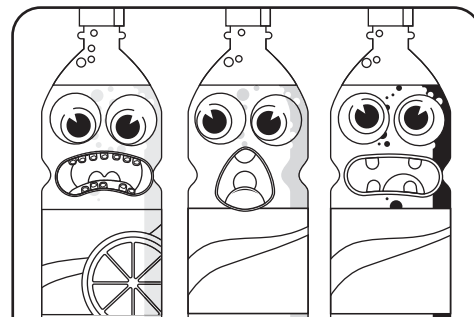


Porridge

Porridge is a tasty breakfast that gives us lots of energy for the day and helps make our bones and muscles strong! Create a cartoon superhero for the mighty oat!

Energy	<input type="text" value="85kcal"/>
Total Fat	<input type="text" value="2g"/>
Saturated fat	<input type="text" value="0.9g"/>
Sugar	<input type="text" value="5.5g"/>
Salt	<input type="text" value="0.09g"/>

Approximate Nutrition Facts for 100 grams for product.



Soft Drinks

The fizz in soft drinks is carbon dioxide gas bursting out of the liquid. You can make your own soft drink with sparkling water and sugar free squash or chopped up fresh fruit!

Energy	<input type="text" value="42kcal"/>
Total Fat	<input type="text" value="0g"/>
Saturated fat	<input type="text" value="0g"/>
Sugar	<input type="text" value="10.6g"/>
Salt	<input type="text" value="0g"/>

Approximate Nutrition Facts for 100 ml for product.

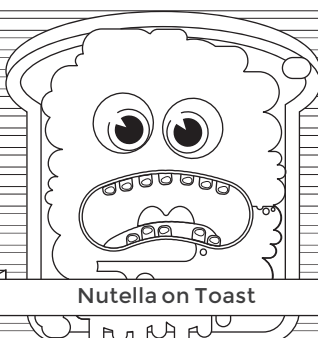


Spaghetti Bolognese

The original dish from Italy is called "Tagliatelle al ragu" which is made from tagliatelle instead of spaghetti

Energy	<input type="text" value="129kcal"/>
Total Fat	<input type="text" value="4.0g"/>
Saturated fat	<input type="text" value="1.6g"/>
Sugar	<input type="text" value="2.2g"/>
Salt	<input type="text" value="0.3g"/>

Approximate Nutrition Facts for 100 grams for product.

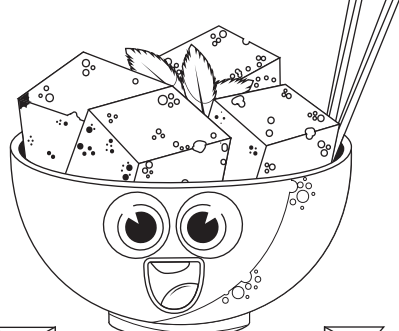


Nutella on Toast

Do you have chocolate spread in the cupboard at home? If the fat, saturated fat, sugar or salt is lower than the one on the card, you can use that figure instead of the one on this card.

Energy	<input type="text" value="315kcal"/>
Total Fat	<input type="text" value="9.6g"/>
Saturated fat	<input type="text" value="3.1g"/>
Sugar	<input type="text" value="17.8g"/>
Salt	<input type="text" value="0.68g"/>

Approximate Nutrition Facts for 100 grams for product.

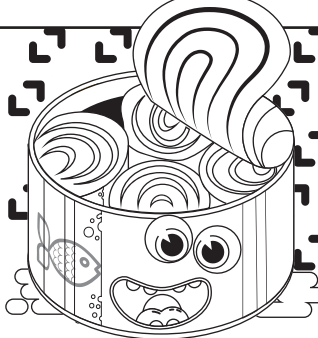


Tofu

Tofu is a non-meat protein that was said to have first been made in China about 2,000 years ago by a chef who accidentally over cooked soy milk causing it to form into lumps!

Energy	<input type="text" value="123kcal"/>
Total Fat	<input type="text" value="6.9g"/>
Saturated fat	<input type="text" value="1g"/>
Sugar	<input type="text" value="0.7g"/>
Salt	<input type="text" value="0.1g"/>

Approximate Nutrition Facts for 100 grams for product.

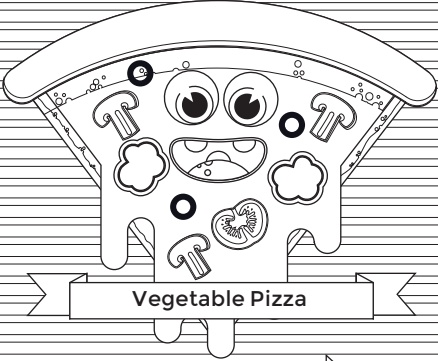


Tinned Tuna in Spring Water

Tuna are usually found in warmer oceans and can grow up to 700kg! Do you have a tin of tuna in your cupboard? Is it in brine, olive oil, water or a sauce? If the salt is lower than the one on the card, you can use that figure instead of the one on this card.

Energy	<input type="text" value="113kcal"/>
Total Fat	<input type="text" value="0.5g"/>
Saturated fat	<input type="text" value="0.2g"/>
Sugar	<input type="text" value="0g"/>
Salt	<input type="text" value="0.8g"/>

Approximate Nutrition Facts for 100 grams for product.

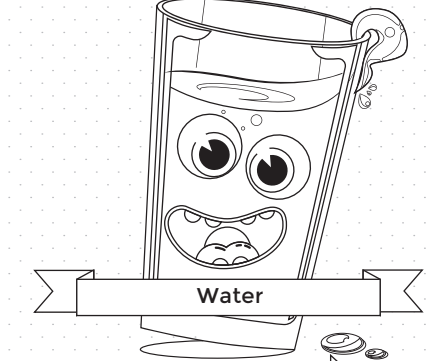


Vegetable Pizza

With the different colour vegetables you have, why not try and make a face on your pizza - it can be a smiley, scary or robot face! Be creative and try to use at least 4 different vegetables.

Energy	<input type="text" value="198kcal"/>
Total Fat	<input type="text" value="7.8g"/>
Saturated fat	<input type="text" value="2.6g"/>
Sugar	<input type="text" value="1.7g"/>
Salt	<input type="text" value="0.7g"/>

Approximate Nutrition Facts for 100 grams for product.

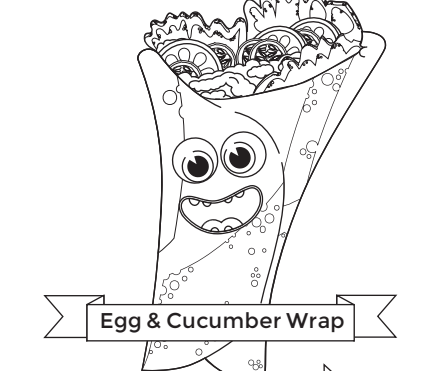


Water

Up to 60% of our body weight is water! Which is why it is important for us to drink plenty for our bodies to work properly.

Energy	<input type="text" value="0kcal"/>
Total Fat	<input type="text" value="0g"/>
Saturated fat	<input type="text" value="0g"/>
Sugar	<input type="text" value="0g"/>
Salt	<input type="text" value="0g"/>

Approximate Nutrition Facts for 100 ml for product.

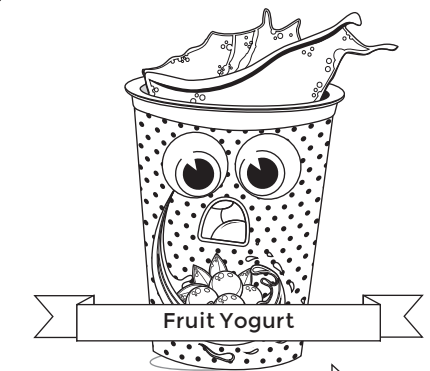


Egg & Cucumber Wrap

Cucumbers are in fact a fruit because they grow from the flowers of a plant and hold the seeds!

Energy	<input type="text" value="100kcal"/>
Total Fat	<input type="text" value="4.4g"/>
Saturated fat	<input type="text" value="1.2g"/>
Sugar	<input type="text" value="1.7g"/>
Salt	<input type="text" value="0.36g"/>

Approximate Nutrition Facts for 100 grams for product.

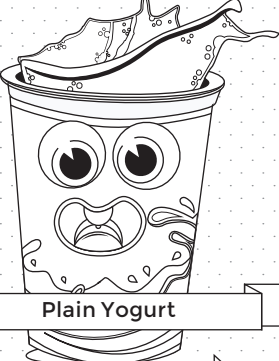


Fruit Yogurt

You can make your own fruit yogurt by mixing plain yogurt with chopped up pieces of your favourite fruit.

Energy	<input type="text" value="91kcal"/>
Total Fat	<input type="text" value="2.9g"/>
Saturated fat	<input type="text" value="1.9g"/>
Sugar	<input type="text" value="12.2g"/>
Salt	<input type="text" value="0.12g"/>

Approximate Nutrition Facts for 100 grams for product.

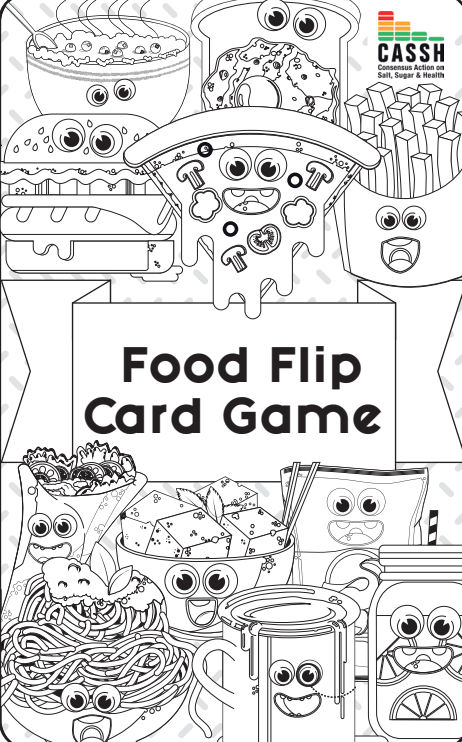


Plain Yogurt

Yogurt is made from milk and harmless bacteria causing the milk to thicken up and tastes great with chopped up fruit!

Energy	82kcal	<input type="text"/>
Total Fat	4.5g	<input type="text"/>
Saturated fat	2.9g	<input type="text"/>
Sugar	5.6g	<input type="text"/>
Salt	0.13g	<input type="text"/>

Approximate Nutrition Facts for 100 ml for product.



CASH
 Campaign on Salt, Sugar & Health

Food Flip Card Game