

eatwise is an easy to use way for you to get additional nutritional information about the food you purchase from **FoodHertfordshire** outlets. Look out for the symbols below on our menus and labelling to make informed choices about the food you eat.



low salt

- Cutting down on salt reduces blood pressure.
- You may notice a wider range of flavours in food, as your taste buds adjust to having less salt.
- Adults should eat no more than 6g of salt a day. Reducing the UK's average daily salt intake for adults to 6g could prevent about 17,500 premature deaths a year.



vegetarian

- This symbol is on food items that contain no meat or meat products or derivatives.
- It is important protein rich foods such as nuts, seeds, quinoa, pulses and soya are consumed.
- Vitamin B12 is the only key nutrient that is not found in plant foods. Only required in small amounts, it can be found in eggs, dairy or yeast extracts.



low GI

- Carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream have a high GI. Carbohydrates that break down more slowly, have a low GI.
- Evidence shows that a low GI diet could significantly lower the risk for developing both type 2 diabetes and coronary heart disease.



locally sourced

- Where possible we select products that are locally grown or manufactured. This supports the local economy, as well as, reducing our carbon footprint.
- All of our bread and most of our cakes are produced in Hatfield; we also offer bread that is made from flour milled in Hatfield.



5 a day

- Fruit and veg should make up about a third of the food you eat each day. You should include a variety of fruit and veg due to the different combinations of fibre, vitamins, minerals and other nutrients they contain.
- The World Health Organization, recommends eating a minimum of 400g of fruit and vegetables a day.



fair trade

- Fairtrade is a strategy for poverty alleviation and sustainable development. Designed to create opportunities for producers and workers who have been economically disadvantaged by the conventional trading system.
- The University of Hertfordshire was one of the first Universities to be awarded Fairtrade status.



msc fish

- Marine Stewardship Council (MSC) certified sustainable seafood. A independent charity dealing with the problem of overfishing.
- Around 25% of the world's fish stocks are overexploited or depleted. 8% of everything caught in the oceans is wasted by being thrown back into the water dead.



contains nuts

- This symbol will be displayed on menu items that contain nuts, peanuts or pine nuts.
- If you have a nut allergy, you also need to be aware of unrefined (crude) nut oil.
- Nuts contain a number of allergens that are not destroyed by cooking. Roasting peanuts makes them more allergenic than raw.



value for money

- This product has been identified as offering special value for money, either with price reductions, special offers or just plain good value.



wholegrain

- This symbol can be found on menus and food items that contain wholegrain foods.
- Eating whole grains reduces the Glycemic Index (GI) of the food.
- The germ contains many essential nutrients that would be removed from processed, white flours.
- Whole grains are linked with a decrease in risk factors for cardiovascular disease.



superfood

- This symbol can be found on menus which contain ingredients that are beneficial to brain activity and development – improving your attention span and memory; avoid afternoon energy crashes and improve your emotional stability.
- Examples of superfoods include oily fish such as fresh tuna. These are rich in Omega-3 fats EPA and DHA – key to brain development.



low fat

- This symbol will be displayed on items that have been prepared with no added fats.
- Where foods have the low fat sign, they have been prepared by grilling or baking, rather than frying.
- Having some fat in our diet helps the body absorb some vitamins. Fat is a good source of energy and essential fatty acids that the body can't make itself.



gluten free

- This symbol identifies those items which do not contain gluten.
- An estimated 1% of the population is intolerant to gluten, which is found in wheat, rice, oats and many other cereals.
- A similar number of people who are intolerant to Gluten are also intolerant to wheat.
- Our gluten free products do not contain any wheat.