



Live Well food is grounded in food and nutrition-based principles so that you can feel reassured when choosing a 'Live Well' product

<b>Nutrition criteria</b>			
Product	Breakfast	Main meal	Snack
Calories	≤400Kcal	≤500Kcal	≤250Kcal
Fat	≤10g/100g*		
Saturated fat	≤3g/100g		
Sugar	≤14g/100g*		
Salt	≤0.3g/100g		
<b>Food criteria</b>			
Fruit & vegetables	≥1 portion	≥2 portions	Contribute towards 1 of your 5 a day
Sugar	No refined sugars and minimal use of added sugars		
Salt	Use of herbs and spices to minimise salt content		
Fat	Use of cold-pressed oils and foods which provide unsaturated fatty acids		
Dairy/or plant-alternatives	Use of lower or fat-free options		
Protein	Use of lean meats and include plant-based sources		
Starchy carbohydrate	Always use wholegrain varieties to increase the fibre content		

\* Nutrients of concern will not exceed the levels stated aside from where fats and sugars are naturally occurring, such as nuts and dried fruit