

Your guide to Foods and drinks high in fat, sugar and salt

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for this shelf because they are not needed for good health.

Not every day – maximum once or twice a week.



Food Shelf Facts



These foods have little nutritional value and may cause obesity which can lead to heart disease, type 2 diabetes and some cancers.



Many processed foods like cakes, biscuits and confectionery contain high levels of added sugars and can be high in calories.



Eating too much salt can lead to raised blood pressure, which triples your chances of developing heart disease and stroke.



Many processed foods like takeaways and ready meals are high in fat and can be harmful to heart health.

A Guide to 100 Calories

Each of the following contains 100 calories

4 squares of chocolate (half a bar)

1 small or fun-sized chocolate coated bar

1 bag lower-fat crisps

1 small cup cake (no icing)

1 plain mini muffin

2 plain biscuits or 1 chocolate biscuit

½ can or 200ml of sugary drink

1 scoop of vanilla ice-cream

½ or 1 cereal bar – check the label for calories

5–6 chips

Healthy Eating Tips



Limit foods and drinks high in fat, sugar and salt to sometimes – not every day. Choose smaller amounts or fun-size servings.



Limit chips and takeaway food as much as possible – most are very high in fat, salt and calories.



Choose healthy snacks such as fruit and vegetables.



Drink water instead of sugary drinks.