

COLOR CODING LEAD YOU TO A HEALTHY CHOICE



Consider about the color coding when choosing a beverage

Food (Color Coding for Sugar Levels) Regulations 2016 - No 1965/18

ChildFund
Sri Lanka

More than 11g/100ml  High Sugar - Very high risk of developing diabetes

2g-11g/100ml  Medium Sugar - Medium risk of developing diabetes

Less than 2g/100ml  Low Sugar - Low risk of developing diabetes



LET'S PROTECT OUR LOVED ONES FROM NON-COMMUNICABLE DISEASES



Prevent taking food that has one or more than
one Red or Orange color coding in the label

Food (Color Coding for Sugar, Salt and Fat) Regulations 2019 - No 26/1980

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කිසි විට Sugar	ඉහළ විට Salt	මේද විට Fat
8.0g/100g	0.2g/100g	28.0g/100g



READ THE COLOR CODINGS OF THE FOOD LABELS TO STAY HEALTHY



Eat natural food as much as possible

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Food (Color Coding for
Sugar, Salt and Fat)
Regulations 2019 - No 26/1980

සීනි රිස Sugar	ලුණු உப்பு Salt	මේද කොළඹු Fat
8.0g/100g	0.2g/100g	28.0g/100g



Diabetes

Heart Diseases

Cancers

High
Sugar Level

High
Cholesterol

Obesity

High
Blood Pressure

Excess Sugar

**Excessive
Carbohydrates**

Excess Salt

Excess Oil

Ready to serve food and beverages may include excess fat, salt and sugar

GOOD FOOD HABITS AND PHYSICAL ACTIVITIES ARE THE FOUNDATION OF A HEALTHY LIFESTYLE



Children should engage in physical activities for at least one hour per day and five days per week.
Adults should engage in physical activities for at least half an hour per day and five days per week.

COLOUR CODING ON FOOD LABELS



DID YOU KNOW

THAT THE COLOUR CODES ON FOOD PACKAGING HELP YOU PICK BETTER OPTIONS



MORE REDS

AVOID CONSUMPTION - DUE TO HIGH RISK OF GETTING DIABETES, HEART DISEASES AND HIGH BLOOD PRESSURE

MORE YELLOWS

DUE TO HIGH ASSOCIATION WITH ABOVE MENTIONED DISEASE, REDUCE THE CONSUMPTION

MORE GREENS

**BETTER CHOICE
ENJOY CAUTIOUSLY,
REMEMBER THAT NATURAL FOODS ARE THE BEST CHOICE**



World Health Organization
Sri Lanka

When buying packeted food always
look at the fat level indicators
on the label



LESS THAN 3g
PER 100g



3g to 17.5g
PER 100g



17.50g OR MORE
PER 100g

This will help you identify
and avoid high-fat food items
to protect your children's health .

**When buying packaged food, always
look at the salt level indicator
on the label.**



**LESS THAN 0.25g
PER 100g**



**0.25g to 1.25g
PER 100g**



**1.25g OR MORE
PER 100g**

**This will help you identify
and avoid high-salt food items
to protect your children's health.**

When buying packaged/bottled items,
always look at the sugar level indicator
on the label.



This will help you identify
and avoid high-sugar items
to protect your children's health.