

## Food Traffic Lights



If we want to eat a healthy diet, one of the key things we should be doing is trying to cut down on fat (especially saturated fat), salt and added sugars. A growing number of supermarkets and food manufacturers in the UK are using traffic light colours on the labels of some products to help you make your choice.

Food products with traffic light labels on the front of the pack show you at-a-glance if the food you are thinking about buying has high, medium or low amounts of fat, saturated fat, sugars and salt, helping you get a better balance.

In addition to traffic light colours you will also see the number of grams of fat, saturated fat, sugars and salt in what the manufacturer or retailer suggests as a 'serving' of the food.

So, if you see a red light on the front of the pack, you know the food is high in something we should be trying to cut down on. It's fine to have the food occasionally, or as a treat, but try to keep an eye on how often you choose these foods, or try eating them in smaller amounts.

If you see amber, you know the food isn't high or low in the nutrient, so this is an OK choice most of the time, but you might want to go for green for that nutrient some of the time.

Green means the food is low in that nutrient. The more green lights, the healthier the choice..

Many of the foods with traffic light colours that you see in the shops will have a mixture of red, amber and greens. So, when you're choosing between similar products, try to go for more greens and ambers, and fewer reds, if you want to make the healthier choice.

The traffic light colours will make it easier for you to compare products at-a-glance. The label also tells you how much of each nutrient is in a portion, so if two labels have similar colours you can compare these figures, and choose the one that is lower to make a healthier choice.

But remember, it's all about getting the overall balance of our diet right. For more information see the website at [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## Chef Michael's Kitchen

### Red Snapper poached in Coconut Milk

Ingredients:

- 1 litre coconut milk
- 2 teaspoon grated fresh ginger
- 3 small red chillies, finely chopped
- 1 tablespoon chopped fresh coriander
- 6 red Asian shallots, finely chopped
- 6 pc kaffir lime leaves shredded
- 2 stems of lemon grass, white part only, sliced
- 2 teaspoons grated lime zest
- 500 ml fish stock
- 80 ml fish sauce
- 80 ml lime juice, strained
- 4 x 250gm red snapper filet,  
each filet cut into three equal portions
- Coriander leaves for garnish
- 1 small red chili, cut into long stripes, for garnish
- 2 pc kaffir lime leaves, extra, shredded,  
for garnish

Method

Bring the coconut milk to the boil in a sauce pan and boil for 3 minutes.

Add the ginger, chili, coriander roots and stems, chopped shallots, lime leaves, lemon grass and lime zest and bring back to the boil.

Add the fish stock and the fish sauce and simmer for 15 minutes.

Pass through a fine strainer and add the lime juice Taste and add extra fish sauce if necessary.

Heat the sauce in a large frying pan, when the sauce comes to the boil add the fish, then reduce the heat and simmer very gently for 10-15 minutes or until just cooked enough.

Carefully transfer the fish to a serving platter.

Serve with some of the liquid and a sprinkling of coriander, chili and shredded lime leaves

Serves 4 portions



Michael Walter was until recently the Executive Chef at the InterContinental Riyadh

