



Calorie Information

Why are we displaying calories information?

We are providing information on calories as part of a Government initiative to give customers more information about their food when they eat out.

What are calories?

Calories are a measure of energy, so the number of calories tells you how much energy is in the food. Although most people say "calories" the actual measure is kilocalories, shortened to kcals. If a customer asks you it means the same.

Why are calories important?

Knowing how many calories you eat is important as it can help you maintain a healthy weight.

How many calories should we eat?

On average, women need around 2,000 calories a day, men 2,500, and children need less. It is also important to eat the right amount for how active you are.

Where can people get more information?

For more information about calories and advice on healthy eating visit the Food Standards Agency website: www.eatwell.gov.uk



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Why are we displaying calorie information?

We are providing information on calories as part of a Government initiative to give customers more information about their food when they eat out.

Calorie information is displayed at the point where customers choose what they eat.

What are Calories?

Calories are a measure of energy, so the number of calories tells you how much energy is in the food. Although most people say "calories" the actual measure is kilocalories, shortened to kcals and so information maybe shown as calories or kcals. If a customer asks you it means the same.

On average, women need around 2,000 calories a day, men 2,500, and children need less. The amount of calories a person needs depends on lots of factors such as age and how active they are.

Why are calories important?

It is important to try and maintain a healthy weight and knowing what's in your food can help you do this. Eating more than you need can make you overweight, which can lead to ill health, such as heart disease, high blood pressure or diabetes. Not eating as much food as your body needs could also affect your health.

Of course its not just about calories, so as well as eating the right amount of food for how active you are, eating a range of foods to make sure you're getting a balanced diet is also important. More information on achieving a healthy diet can be found at <http://www.eatwell.gov.uk/healthydiet/eighttipssection/8tips/>

Further information

If you or a customer would like to know more about the calorie labelling and why it has been introduced further information can be found at: www.food.gov.uk/healthiereating/healthycatering