Food
Standards
Agency
food.gov.uk

EHNI
Environmental Health
Northern Ireland

Calorie Wise

Making sense of Calories

Calorie Wise is a free scheme to help you display calories on menus so your customers can have the information they need to make healthier choices when eating out.

Why is Calorie Wise good for your business?

- It can increase your profit by standardising recipes and reducing food waste.

- Current food trends all point towards a rise in demand by consumers for healthier foods and products.

- 96% of people want calorie labelling in all or some food outlets.[1]

If you'd like to join Calorie Wise you'll receive help and advice on how to calculate and display calories. There will also be guidance on how to provide healthier options for your customers by making small and simple changes to your menus. And with 6 in 10[2] adults either overweight or obese in NI, this can make a big difference. Window stickers will also be provided so people can look out for the scheme when eating out across Northern Ireland.

[1] FSAI, 2012, [2] HSNI, 2015

Food
Standards
Agency
food.gov.uk

Calorie Wise

EHNI
Environmental Health
Northern Ireland

What are Calories?

Calories are a measure of the amount of energy in food or drink. Knowing how many calories are in our food and drink can help us keep to the right amount of energy we need every day. The key to maintaining a healthy weight is balancing the energy we take with the energy we use.

Recommended calorie intake per day per adult

2500

A man needs around 2,500 calories a day

2000

A woman needs around 2,000 calories a day

Visit **food.gov.uk/caloriewise**
for more information on how to join the scheme

The Calorie Wise scheme is run in partnership with the Food Standards Agency and District Councils in Northern Ireland.

#caloriewise