

# Tell me what label you have... and I will tell you who you are

Labels are "identity cards" for products; learn how to read them so you can understand the characteristics of the product and the quality of the food

By law, each label has to have the following information:

- Type of product (milk, pasta, cheese etc.)
- Quantity of packed product (weight and volume)
- List of ingredients, in a decreasing quantity order
- Identification of the producer and packer
- Place of origin
- Instructions on keeping and using it, if they are needed for a correct use of the product
- Expiry day for consumption:

**Day and month** for products which can be kept up to 3 months

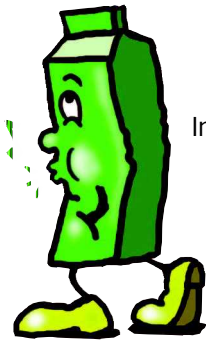
**Month and year**, for products which can be kept between 3-18 months

**Year**, for products which can be kept for over 18 months

**Dairy Consumption** for products such as bread, confectionery, vegetables, fruit. These don't have an expiry date



- Bar codes



**What does the traceability of a product mean?**

In order to guarantee consumers' safety, some rules oblige producers to "trace" the individual passages of the production process, identifying all the subjects and places involved in the process, from the raw materials to the final product..

**Nutritional Label**

These show, for every 100 g of product, the energetic values and the nutritional ones: proteins, fats, carbohydrates, fibres, vitamins and mineral salts. Nutritional labels are mandatory when a product

advertises certain dietary properties, such as: "rich in vitamins" or "poor in sodium".