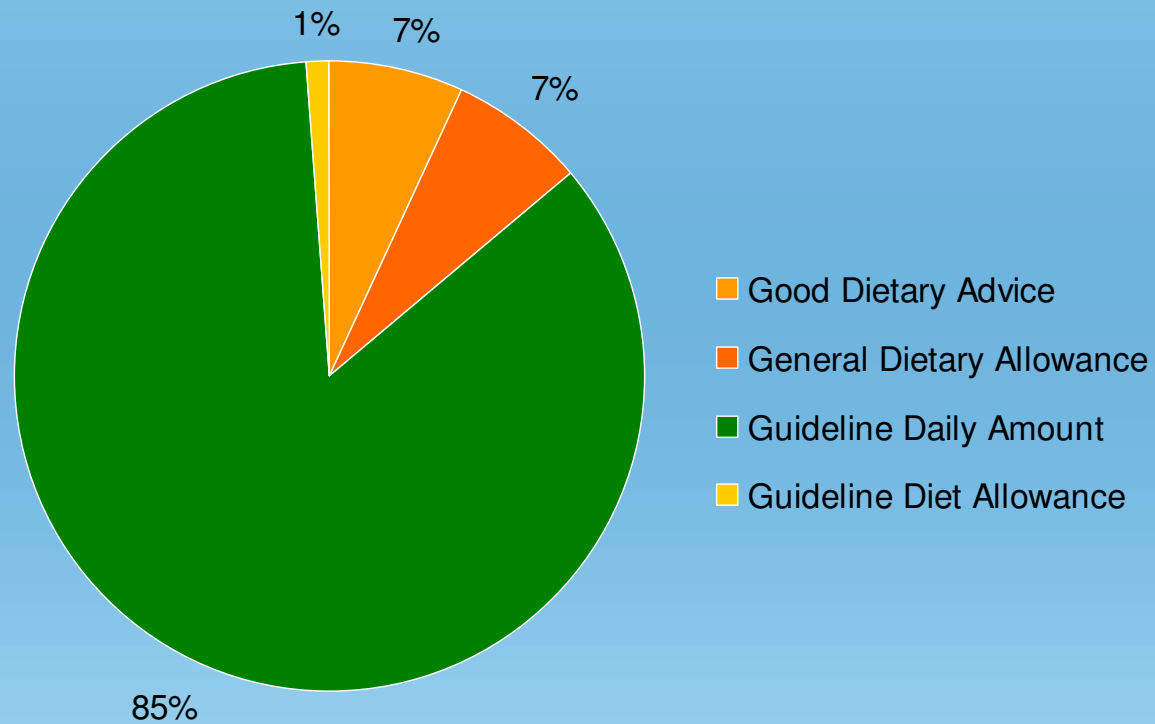


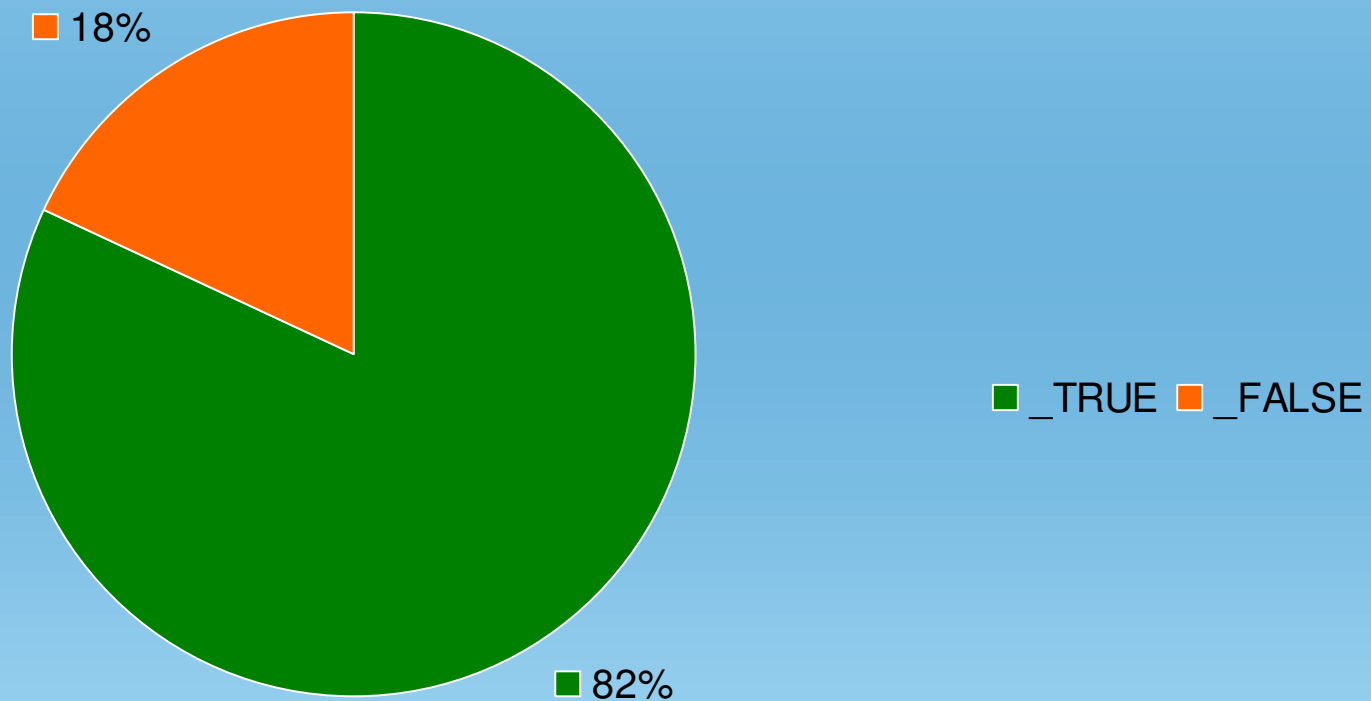


CIAA GDA Nutrition Questionnaire

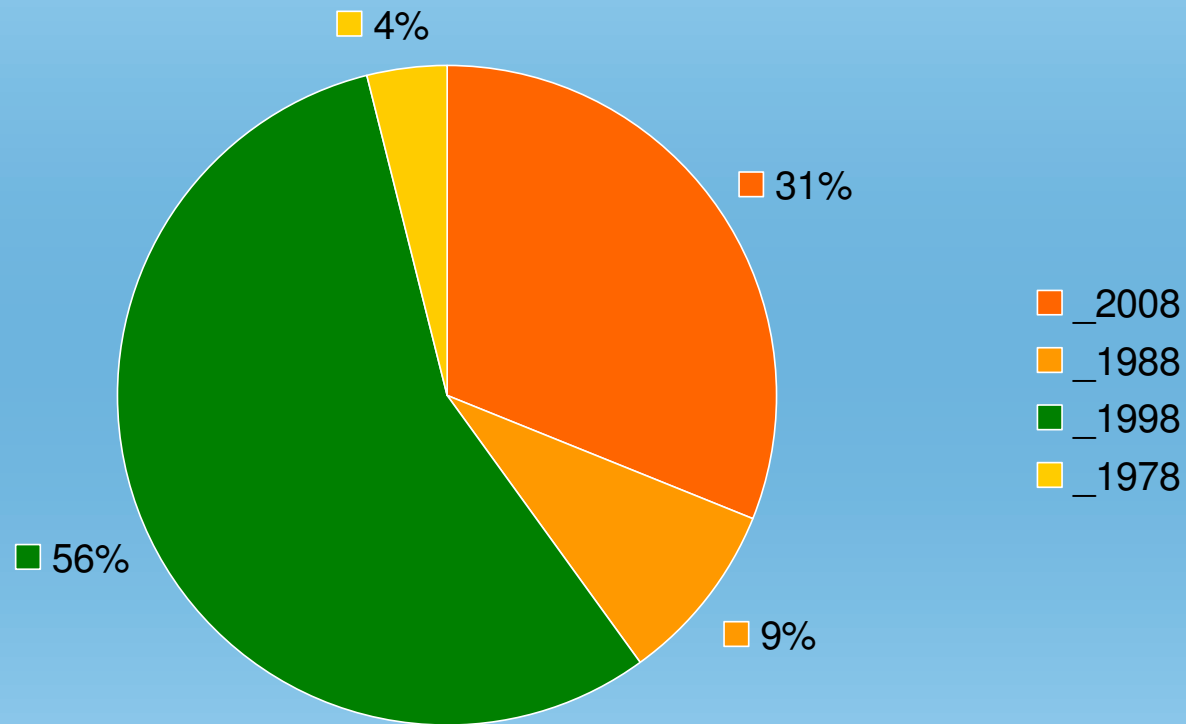
What are GDAs and what do they stand for?



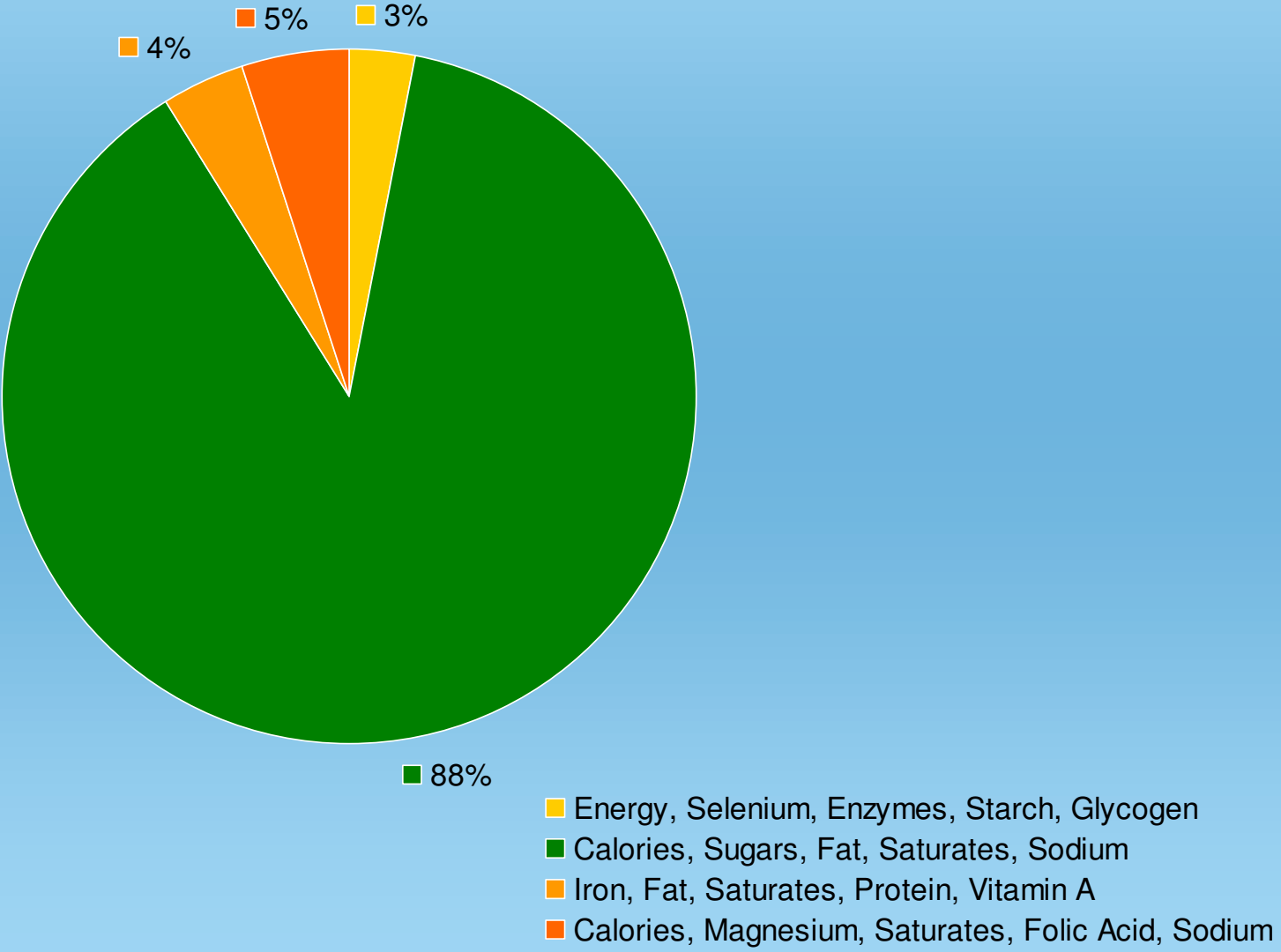
True or False: GDAs are provided in addition to nutrition labelling per 100g/ml?



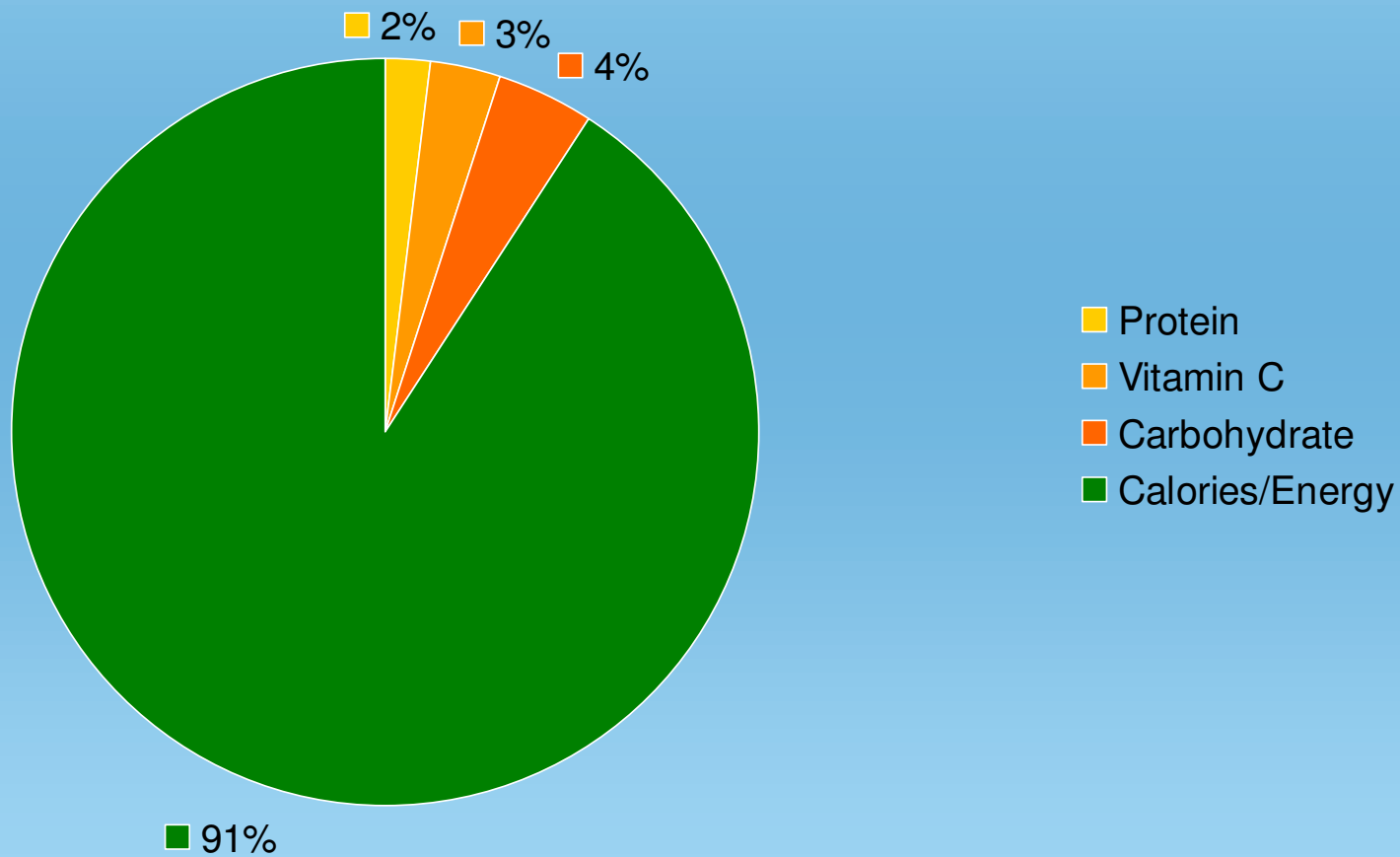
GDAs were first developed in...?



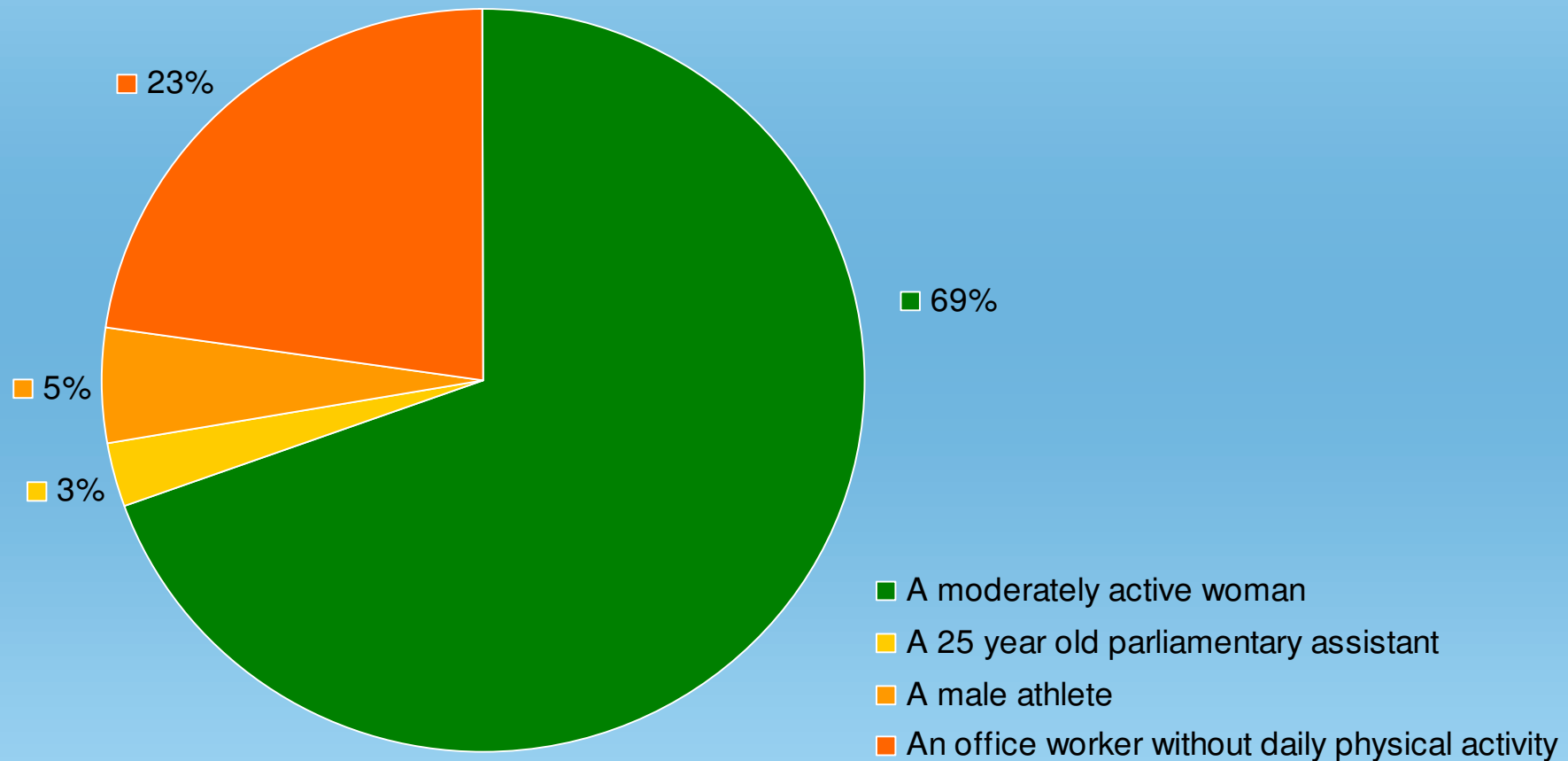
Which of the following sets of nutrients reflect those used in the CIAA GDA scheme?



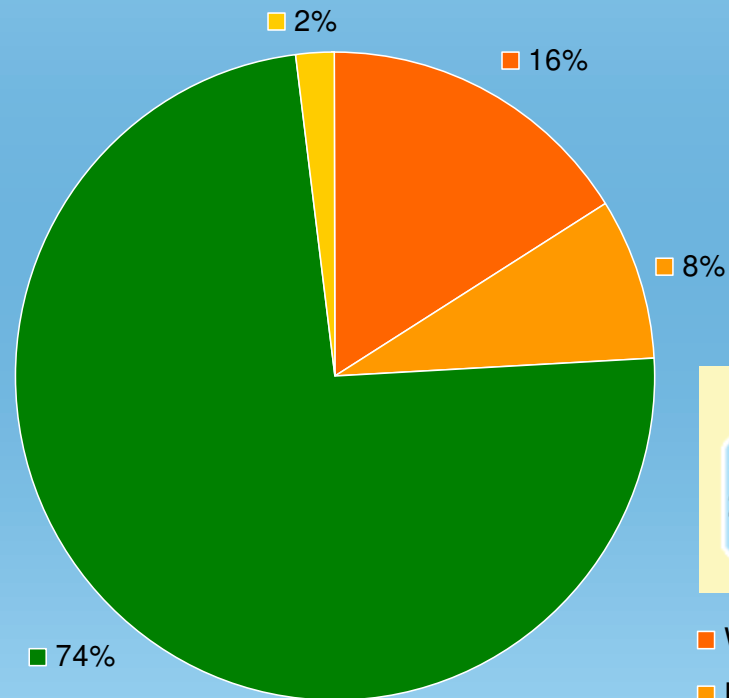
According to the CIAA GDA Scheme, which GDA icon is usually found on the front of pack label?



The recommended reference value for Energy at 2000 Kcal intake is based on?



Which organisation has scientifically assessed and endorsed the following CIAA reference values for GDAs?

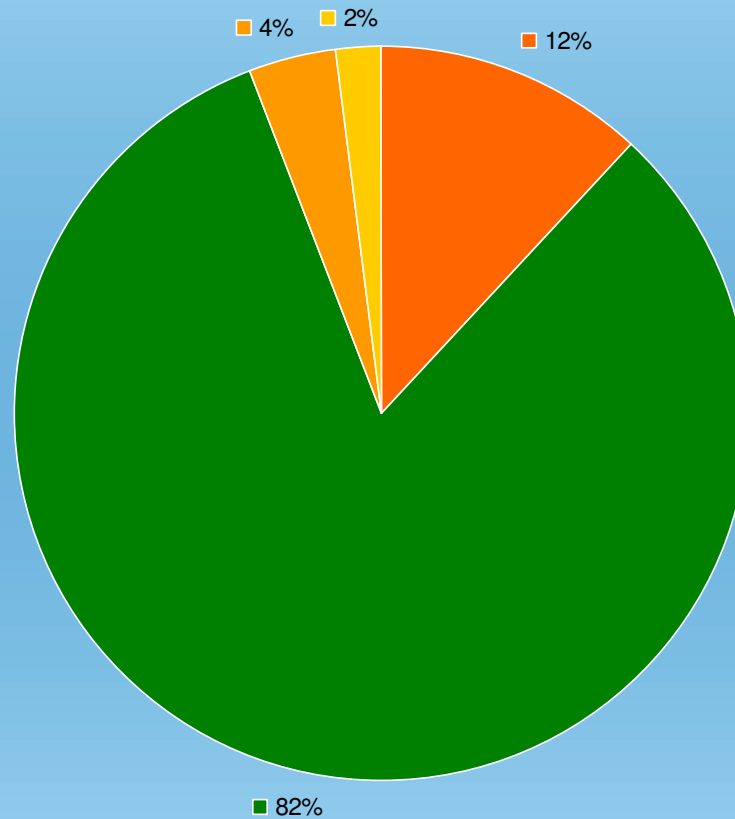


An adult's guideline daily amount is

Calories	Sugars	Fat	Saturates	Sodium
2000	90g	70g	20g	2.4g

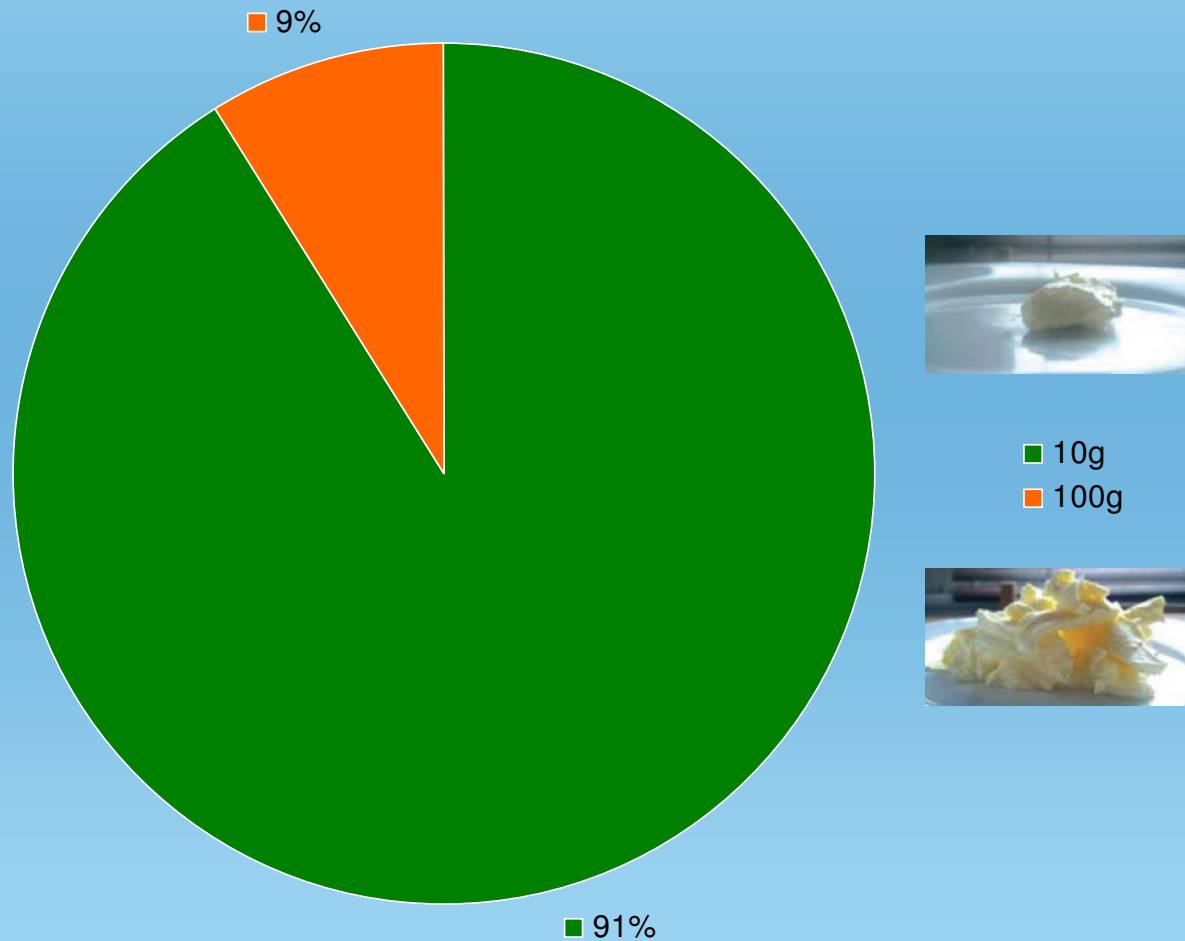
- World Health Organisation (WHO)
- European Commission
- European Food Safety Authority (EFSA)
- European Parliament

What information does this GDA icon give you?



- The amount of calories in 100g of the product
- The amount of calories in one portion and the percentage of your overall GDA
- The guideline daily amount of calories is 137
- That 5% of the product is calories

Which of these portions best reflects a typical single serving of margarine?



Key Findings

- Of those visitors who completed and returned the questionnaire:
 - **85%** know what GDAs are and what they stand for
 - **82%** realise that GDAs are provided in addition to nutrition labelling per 100g/ml
 - **88%** can identify which nutrients are used in the CIAA GDA scheme
 - **91%** recognise that the calories/energy GDA icon is usually found on the front of pack label
 - **82%** understand that this icon provides information on the amount of calories in one portion of that product and the percentage of the overall GDA
 - **91%** could distinguish a typical 10g serving when compared to 100g of the same product