



Check out the Guideline Daily Amounts
on your favourite products this summer

GDA: The Facts. Your Choice.

<http://gda.ciaa.eu>

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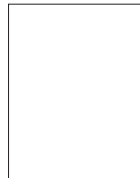
Guideline Daily Amounts are a guide to how much energy and nutrients are present in a portion of a food or beverage.

GDA's empower consumers to:

- **understand** their food choices;
- **evaluate** a product's place in the daily diet; and
- **compose** a balanced diet which they can adapt to their individual needs and lifestyle.

GDA Fact: GDA's are widely used on products throughout the EU.

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CIAA

Confédération des industries agro-alimentaires de l'UE
Confederation of the food and drink industries of the EU