



Do YOU understand nutrition labelling?

The CIAA invites you to visit its GDA Information Stand from 10 - 12 November (11.00am - 3.00pm) in the ASP Building of the EP (ground floor to the right of the entrance).

Print out this questionnaire, complete and return it to the GDA Stand, and you will be entered into a prize draw to win a hamper of GDA labelled food products.

Part 1: How much do you know about the GDA label?

1. What are GDAs and what do they stand for?

- | | |
|---|--|
| <input type="checkbox"/> Good Dietary Advice - the minimum amount of certain nutrients to have a healthy diet | <input type="checkbox"/> Guideline Daily Amount - a guide to the amount of energy and nutrients in a portion of a food or beverage |
| <input type="checkbox"/> General Dietary Allowance - a series of targets to reach every day in order to have a healthy diet | <input type="checkbox"/> Guideline Diet Allowance - the exact amount of certain key nutrients that make up a healthy diet |

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

- | | |
|-------------------------------|--------------------------------|
| <input type="checkbox"/> True | <input type="checkbox"/> False |
|-------------------------------|--------------------------------|

3. GDAs were first developed in...?

- | | |
|-------------------------------|-------------------------------|
| <input type="checkbox"/> 2008 | <input type="checkbox"/> 1998 |
| <input type="checkbox"/> 1988 | <input type="checkbox"/> 1978 |

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

- | | |
|--|---|
| <input type="checkbox"/> Energy, Selenium, Enzymes, Starch, Glycogen | <input type="checkbox"/> Iron, Fat, Saturates, Protein, Vitamin A |
| <input type="checkbox"/> Calories, Sugars, Fat, Saturates, Sodium | <input type="checkbox"/> Calories, Magnesium, Saturates, Folic Acid, Sodium |

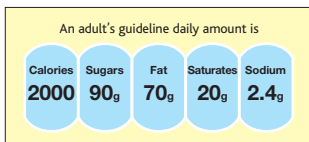
5. According to the CIAA GDA Scheme, which GDA icon is usually found on the front of pack label?

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Protein | <input type="checkbox"/> Carbohydrate |
| <input type="checkbox"/> Vitamin C | <input type="checkbox"/> Calories/Energy |

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

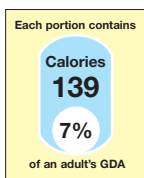
- | | |
|--|---|
| <input type="checkbox"/> A moderately active woman | <input type="checkbox"/> A male athlete |
| <input type="checkbox"/> A 25 year old parliamentary assistant | <input type="checkbox"/> An office worker without daily physical activity |

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



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

8. 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 139
- That 7% of the product is calories

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



10g



100g

Part 2: General Nutrition (optional)

10. Had you already heard of Guideline Daily Amounts before filling in this questionnaire?

- YES
- NO

11. When making food choices do you use nutrition labelling on foodstuffs?

- YES
- NO

12. If yes, what information do you find most useful/look for (multiple answers possible)?

- Nutrition table with the absolute values per 100g/ml
- Guideline daily amounts on the front of pack
- Guideline daily amounts on the back of pack
- Nutrition/health claims
- Other: specify

Any other comments?



<http://gda.ciaa.eu>

To be entered into our prize draw to win a hamper of GDA labelled food products, please fill out and return this slip.

Gender: Male Female

Nationality: _____

Age: 25 or under 26 - 35

36 - 45 46 - 55

56 and over

NAME: _____

FUNCTION: _____

TEL: _____

E-MAIL ADDRESS: _____