



Do you find nutrition information expressed per portion useful?

GDA: The Facts. Your Choice.

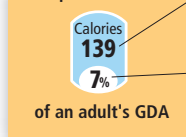
<http://gda.ciaa.eu>

# You do?

The **Guideline Daily Amount (GDA) scheme provides this information.**

The GDA scheme provides back and front of pack nutrition information on how much energy and nutrients are present in **a portion** of a food or beverage.

Each portion contains



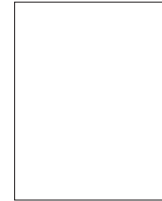
This is the amount of calories provided by one portion.

This is the percentage of one person's guideline daily amount for energy (calories) that one defined portion will provide.

To find out more about GDAs and test your knowledge of the scheme, check out our on-line GDA quiz at:

<http://gda.ciaa.eu>

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