Are energy requirements the same for everyone?

Energy requirements vary from person to person depending on age, gender and how much activity you do. People who are very active need more energy than those who are less active. Children may also have lower energy needs compared to adults. However, the FOP Labelling for Energy is still a good indicator on the energy content of the food that you're eating.

HOW AM I?

I want quality but at the right quantities.

FOP (Front of Pack) Labelling for Energy is a guide to how much energy an average individual needs in order to have a balanced diet. It gives you an idea of how much you should be eating to stay healthy.

Nestlé

Good Food, Good Life

Health begins with you; when you have healthy habits, your family will too. Find out more at **NESTLE.COM.MY/HowAmI**

Nestlé Products Sdn. Bhd. (45229-H)