

### Sainsbury's Crumpets

Typical Values	Per 100g
Energy	200 kcal
Protein	6.2g
Carbohydrate	41.9g
of which sugars	4.0g
Fat	0.8g
of which saturates	0.2g
Fibre	2.7g
Sodium	0.8g

### Waitrose Rolled Porridge Oats

Typical Values	Per 100g
Energy	359 kcal
Protein	11.0g
Carbohydrate	60.4g
of which sugars	1.5g
Fat	8.1g
of which saturates	1.6g
Fibre	8.5g
Sodium	trace

### Scott's Porage Oats Old Fashioned

Typical Values	Per 100g
Energy	356 kcal
Protein	11.0g
Carbohydrate	60.0g
of which sugars	1.1g
Fat	8.0g
of which saturates	1.5g
Fibre	9.0g
Sodium	trace

### Dorset Cereals Simply Delicious Muesli

Typical Values	Per 100g
Energy	366 kcal
Protein	12.2g
Carbohydrate	50.7g
of which sugars	15.3g
Fat	9.1g
of which saturates	2.5g
Fibre	5.6g
Sodium	trace

### Waitrose Roasted Red Pepper Houmous

Typical Values	Per 100g
Energy	284 kcal
Protein	6.4g
Carbohydrate	5.8g
of which sugars	1.9g
Fat	26.2g
of which saturates	2.9g
Fibre	6.5g
Sodium	0.51g

### Waitrose Lemon & Coriander Houmous

Typical Values	Per 100g
Energy	315 kcal
Protein	6.7g
Carbohydrate	9.2g
of which sugars	2.7g
Fat	28.0g
of which saturates	2.8g
Fibre	7.9g
Sodium	0.54g

### Waitrose Slow Roasted Tomato Houmous

Typical Values	Per 100g
Energy	291 kcal
Protein	6.8g
Carbohydrate	7.7g
of which sugars	3.2g
Fat	25.9g
of which saturates	2.9g
Fibre	7.2g
Sodium	0.38

### Marks & Spencer Baked Potato with Cheese

Typical Values	Per 100g
Energy	110 kcal
Protein	3.6g
Carbohydrate	16.9g
of which sugars	2.6g
Fat	3.2g
of which saturates	1.7g
Fibre	1.0g
Sodium	0.1g

## Weetabix

Typical Values	Per 100g
Energy	338 kcal
Protein	11.5g
Carbohydrate	68.4g
of which sugars	4.4g
Fat	2.0g
of which saturates	0.6g
Fibre	10.0g
Sodium	0.26g

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## Be-Ro Plain Flour

Typical Values	Per 100g
Energy	334 kcal
Protein	10.4g
Carbohydrate	70.1g
of which sugars	1.4g
Fat	1.3g
of which saturates	0.2g
Fibre	3.2g
Sodium	trace

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## Tesco Ready to Eat Dried Apricots

Typical Values	Per 100g
Energy	165 kcal
Protein	3.9g
Carbohydrate	36.0g
of which sugars	36.0g
Fat	0.6g
of which saturates	0.4g
Fibre	6.3g
Sodium	trace

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## Sundora Fruity Exotic Mix

Typical Values	Per 100g
Energy	287kcal
Protein	2.5g
Carbohydrate	62.0g
of which sugars	56.5g
Fat	2.0g
of which saturates	1.3g
Fibre	4.5g
Sodium	trace

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## Loyd Grossman Tomato & Basil Pasta Sauce

Typical Values	Per 100g
Energy	90 kcal
Protein	1.7g
Carbohydrate	7.9g
of which sugars	7.1g
Fat	5.7g
of which saturates	0.7g
Fibre	0.8g
Sodium	0.5g

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## Wagamama Spicy Chilli Men Stir-fry Sauce

Typical Values	Per 100g
Energy	110kcal
Protein	2.0g
Carbohydrate	14.9g
of which sugars	5.3g
Fat	4.7g
of which saturates	0.3g
Fibre	0.6g
Sodium	0.8g

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## Sainsbury's Whole Water Chestnuts

Typical Values	Per 100g
Energy	18kcal
Protein	0.8g
Carbohydrate	3.4g
of which sugars	0.3g
Fat	Trace
of which saturates	Trace
Fibre	0.4g
Sodium	trace

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## Heinz Tomato Ketchup

Typical Values	Per 100g
Energy	102kcal
Protein	0.9g
Carbohydrate	23.9g
of which sugars	23.5g
Fat	0.1g
of which saturates	Trace
Fibre	0.6g
Sodium	1.2g

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## Sainsbury's Sweet Potatoes

Typical Values	Per 100g
Energy	87kcal
Protein	1.2g
Carbohydrate	21.3g
of which sugars	5.7g
Fat	0.3g
of which saturates	0.1g
Fibre	1.2g
Sodium	trace

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## Waitrose Curly Kale

Typical Values	Per 100g
Energy	34kcal
Protein	3.4g
Carbohydrate	1.4g
of which sugars	1.3g
Fat	1.6g
of which saturates	0.3g
Fibre	2.0g
Sodium	trace

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## Sainsbury's Organic Watercress, Spinach & Rocket

Typical Values	Per 100g
Energy	8kcal
Protein	1.0g
Carbohydrate	0.5g
of which sugars	0.2g
Fat	0.2g
of which saturates	Trace
Fibre	0.5g
Sodium	trace

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## Sainsbury's Mushroom Stir-fry

Typical Values	Per 100g
Energy	49kcal
Protein	2.8g
Carbohydrate	3.3g
of which sugars	2.6g
Fat	2.7g
of which saturates	0.3g
Fibre	2.8g
Sodium	trace

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## Haribo Starmix

Typical Values	Per 100g
Energy	342kcal
Protein	6.6g
Carbohydrate	77g
of which sugars	47g
Fat	<0.5g
of which saturates	0.1g
Fibre	0
Sodium	0.03g

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## Maynards Bassetts Liquorice Allsorts

Typical Values	Per 100g
Energy	380kcal
Protein	5.6g
Carbohydrate	79g
of which sugars	62g
Fat	4.2g
of which saturates	3.5g
Fibre	0
Sodium	0.1g

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## Nutella & Go Hazelnut Spread & Breadsticks

Typical Values	Per 100g
Energy	516kcal
Protein	7.1g
Carbohydrate	61.8g
of which sugars	43.7g
Fat	26g
of which saturates	9.4g
Fibre	0
Sodium	0.65g

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## Cadbury Freddo

Typical Values	Per 100g
Energy	530kcal
Protein	7.5g
Carbohydrate	56.5g
of which sugars	56g
Fat	30.5g
of which saturates	18.5g
Fibre	0.7g
Sodium	0.23g

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## Tesco Mushroom Stir-fry

Typical Values	Per 100g
Energy	26kcal
Protein	2.4g
Carbohydrate	4.0g
of which sugars	1.2g
Fat	0.1g
of which saturates	0.1g
Fibre	1.8g
Sodium	trace

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## Nairn's Oat Biscuits Fruit & Spice

Typical Values	Per 100g
Energy	412kcal
Protein	8.6g
Carbohydrate	65.3g
of which sugars	19.1g
Fat	12.9g
of which saturates	5.2g
Fibre	8.0g
Sodium	0.3g

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## Cadbury Fingers Milk Chocolate

Typical Values	Per 100g
Energy	515kcal
Protein	6.8g
Carbohydrate	60.8g
of which sugars	34.9g
Fat	27.1g
of which saturates	10.8g
Fibre	1.7g
Sodium	0.2g

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## Marks & Spencer Double Chocolate Whip

Typical Values	Per 100g
Energy	495kcal
Protein	6.4g
Carbohydrate	58.3g
of which sugars	53.8g
Fat	26.3g
of which saturates	16.6g
Fibre	2.3g
Sodium	0.07g

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## Tesco Raspberry Cheesecake

Typical Values	Per 100g
Energy	310kcal
Protein	4.6g
Carbohydrate	33.9g
of which sugars	22.9g
Fat	20.4g
of which saturates	11.1g
Fibre	2.0g
Sodium	0.3g

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## Tesco Fresh Cream Chocolate Eclair

Typical Values	Per 100g
Energy	430kcal
Protein	6.0g
Carbohydrate	31.1g
of which sugars	22.1g
Fat	30.9g
of which saturates	17.1g
Fibre	1.8g
Sodium	0.2g

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## McVitie's Dark Chocolate Hobnobs

Typical Values	Per 100g
Energy	492kcal
Protein	6.5g
Carbohydrate	59.6g
of which sugars	31.4g
Fat	23.8g
of which saturates	11.9g
Fibre	6.2g
Sodium	0.65g

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## Jacob's Fig Rolls

Typical Values	Per 100g
Energy	380kcal
Protein	4.0g
Carbohydrate	71.4g
of which sugars	32.4g
Fat	8.8g
of which saturates	3.9g
Fibre	3.3g
Sodium	0.2g

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### John West Sardines in Tomato Sauce

Typical Values	Per 100g
Energy	164kcal
Protein	17.0g
Carbohydrate	1.5g
of which sugars	1.5g
Fat	10.0g
of which saturates	2.5g
Fibre	Trace
Sodium	0.7g

### Tesco Sardines in Tomato Sauce

Typical Values	Per 100g
Energy	178kcal
Protein	17.8g
Carbohydrate	0.5g
of which sugars	0.5g
Fat	11.6g
of which saturates	3.3g
Fibre	0g
Sodium	0.7g

### Sainsbury's Tuna Steak in Spring Water

Typical Values	Per 100g
Energy	113kcal
Protein	27.0g
Carbohydrate	0.0g
of which sugars	0.0g
Fat	0.5g
of which saturates	0.1g
Fibre	0.0g
Sodium	0.8g

### Yeo Valley Bio-Live Yoghurt Strawberry & Vanilla

Typical Values	Per 100g
Energy	100kcal
Protein	4.4g
Carbohydrate	11.5g
of which sugars	11.3g
Fat	4.0g
of which saturates	2.5g
Fibre	0.1g
Sodium	0.1g

### Yeo Valley Bio-Live Yoghurt Strawberry & Blackberry

Typical Values	Per 100g
Energy	100kcal
Protein	4.4g
Carbohydrate	11.6g
of which sugars	11.3g
Fat	4.0g
of which saturates	2.5g
Fibre	0.2g
Sodium	0.1g

### Yeo Valley Bio-Live Yoghurt Strawberry

Typical Values	Per 100g
Energy	100kcal
Protein	4.4g
Carbohydrate	11.5g
of which sugars	11.3g
Fat	4.0g
of which saturates	2.5g
Fibre	0.1g
Sodium	0.1g

### Yeo Valley Bio-Live Yoghurt Strawberry & Raspberry

Typical Values	Per 100g
Energy	100kcal
Protein	4.4g
Carbohydrate	11.6g
of which sugars	11.4g
Fat	4.0g
of which saturates	2.5g
Fibre	0.1
Sodium	0.1g

### Cravendale Skimmed Milk

Typical Values	Per 100g
Energy	34kcal
Protein	3.4g
Carbohydrate	5.0g
of which sugars	5.0g
Fat	0.01g
of which saturates	0.06g
Fibre	Nil
Sodium	0.06g

## Tesco Full Fat Milk

Typical Values	Per 100g
Energy	64kcal
Protein	3.3g
Carbohydrate	4.7g
of which sugars	4.7g
Fat	3.6g
of which saturates	2.4g
Fibre	0.0g
Sodium	trace

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## Rachel's Organic Greek Style Natural Yoghurt

Typical Values	Per 100g
Energy	116kcal
Protein	3.7g
Carbohydrate	5.0g
of which sugars	5.0g
Fat	9.0g
of which saturates	5.8g
Fibre	0.0g
Sodium	0.04g

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## Walkers Quavers

Typical Values	Per 100g
Energy	536kcal
Protein	2.5g
Carbohydrate	62.1g
of which sugars	2.7g
Fat	30.8g
of which saturates	2.7g
Fibre	1.2g
Sodium	2.14g

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## Mini Cheddars

Typical Values	Per 100g
Energy	512kcal
Protein	10g
Carbohydrate	53g
of which sugars	5g
Fat	31g
of which saturates	11g
Fibre	0g
Sodium	0.8g

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## Dairylea Dunkers Breadsticks

Typical Values	Per 100g
Energy	236kcal
Protein	10.0g
Carbohydrate	31.0g
of which sugars	6.1g
Fat	7.3g
of which saturates	5.2g
Fibre	2.1g
Sodium	1.30g

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## Cadbury Mini Roll

Typical Values	Per 100g
Energy	435kcal
Protein	4.8g
Carbohydrate	50.5g
of which sugars	42.4g
Fat	23.0g
of which saturates	11.3g
Fibre	2.3g
Sodium	0.68g

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## Heinz Baked Beans in Tomato Sauce

Typical Values	Per 100g
Energy	79kcal
Protein	4.7g
Carbohydrate	12.9g
of which sugars	5.0g
Fat	0.2g
of which saturates	Trace
Fibre	3.7g
Sodium	0.2g

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## Tesco Baked Beans in Tomato Sauce

Typical Values	Per 100g
Energy	87kcal
Protein	4.3g
Carbohydrate	14.1g
of which sugars	5.5g
Fat	0.5g
of which saturates	0.1g
Fibre	4.1g
Sodium	0.6g

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## Kellogg's Rice Krispies

Typical Values	Per 100g
Energy	64kcal
Protein	3.3g
Carbohydrate	4.7g
of which sugars	4.7g
Fat	3.6g
of which saturates	2.4g
Fibre	0.0g
Sodium	trace

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## Birds Eye Shortcrust Chicken Pie

Typical Values	Per 100g
Energy	267kcal
Protein	8.5g
Carbohydrate	24.0g
of which sugars	1.4g
Fat	15.0g
of which saturates	5.9g
Fibre	1.2g
Sodium	0.85g

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## Pink Lady Apples

Typical Values	Per 100g
Energy	53kcal
Protein	0.4g
Carbohydrate	11.8g
of which sugars	11.8g
Fat	0.1g
of which saturates	<0.01g
Fibre	1.8
Sodium	<0.01g

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## Fresh Pineapple

Typical Values	Per 100g
Energy	46kcal
Protein	0.4g
Carbohydrate	10.1g
of which sugars	10.1g
Fat	0.2g
of which saturates	<0.1g
Fibre	1.2g
Sodium	<0.01g

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## Tesco Cashew Nuts

Typical Values	Per 100g
Energy	583kcal
Protein	17.7g
Carbohydrate	18.1g
of which sugars	4.6g
Fat	48.2g
of which saturates	8.3g
Fibre	3.2g
Sodium	0.1g

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## KP Original Salted Peanuts

Typical Values	Per 100g
Energy	435kcal
Protein	4.8g
Carbohydrate	50.5g
of which sugars	42.4g
Fat	23.0g
of which saturates	11.3g
Fibre	2.3g
Sodium	0.68g

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## Conference Pear

Typical Values	Per 100g
Energy	47kcal
Protein	
Carbohydrate	10.0g
of which sugars	10.0g
Fat	0.1g
of which saturates	<0.1g
Fibre	2.2g
Sodium	<0.01g

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## Rowntree's Fruit Pastilles

Typical Values	Per 100g
Energy	352kcal
Protein	4.1g
Carbohydrate	82.6g
of which sugars	55.9g
Fat	0.1g
of which saturates	0.0g
Fibre	0.1g
Sodium	0.30g

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### Tesco Dried Cranberries

Typical Values	Per 100g
Energy	335kcal
Protein	0.3g
Carbohydrate	77.4g
of which sugars	65.0g
Fat	1.6g
of which saturates	0.2g
Fibre	5.5g
Sodium	0.1g

### Carrots - Uncooked

Typical Values	Per 100g
Energy	42kcal
Protein	0.6g
Carbohydrate	7.9g
of which sugars	7.4g
Fat	0.3g
of which saturates	0.1g
Fibre	2.4g
Sodium	0g

### Tesco Finest Sweetfire Baby Beetroot

Typical Values	Per 100g
Energy	94kcal
Protein	1.2g
Carbohydrate	20.0g
of which sugars	20.0g
Fat	0.4g
of which saturates	0.2g
Fibre	2.9
Sodium	0.3g

### Magnum Ice Cream Classic

Typical Values	Per 100g
Energy	309g
Protein	3.6g
Carbohydrate	29g
of which sugars	27g
Fat	19g
of which saturates	14g
Fibre	0
Sodium	0.13g

### Loose Red Cabbage Uncooked

Typical Values	Per 100g
Energy	26kcal
Protein	1.1g
Carbohydrate	3.5g
of which sugars	3.1g
Fat	<0.5g
of which saturates	<0.1g
Fibre	2.5g
Sodium	0.02g

### Loose Red Pepper Uncooked

Typical Values	Per 100g
Energy	15kcal
Protein	0.8g
Carbohydrate	2.6g
of which sugars	2.4g
Fat	0.3g
of which saturates	Trace
Fibre	1.9g
Sodium	trace

### Sainsbury's Ripe & Ready Avocado

Typical Values	Per 100g
Energy	198kcal
Protein	1.9g
Carbohydrate	1.9g
of which sugars	<0.5g
Fat	19.5g
of which saturates	4.1g
Fibre	3.4g
Sodium	<0.5g

### Loose Broccoli Uncooked

Typical Values	Per 100g
Energy	40kcal
Protein	4.3g
Carbohydrate	3.1g
of which sugars	1.8g
Fat	0.6g
of which saturates	0.2g
Fibre	2.5g
Sodium	0.02g



### Loose on the Vine Tomatoes

Typical Values	Per 100g
Energy	20kcal
Protein	0.7g
Carbohydrate	3.1g
of which sugars	3.1g
Fat	0.3g
of which saturates	0.1g
Fibre	1.0g
Sodium	0.1g

### Sainsbury's Blueberries

Typical Values	Per 100g
Energy	45kcal
Protein	0.9g
Carbohydrate	9.1g
of which sugars	9.1g
Fat	<0.5g
of which saturates	<0.1g
Fibre	1.5g
Sodium	<0.01g

### Philadelphia Original Soft Cheese

Typical Values	Per 100g
Energy	235kcal
Protein	5.5g
Carbohydrate	4.0g
of which sugars	4.0g
Fat	21.5g
of which saturates	14.5g
Fibre	0.2g
Sodium	0.75g

### Sainsbury's Cottage Cheese

Typical Values	Per 100g
Energy	107kcal
Protein	11.3g
Carbohydrate	3.8g
of which sugars	3.8g
Fat	5.0g
of which saturates	3.3g
Fibre	0.8g
Sodium	0.35g

### Cathedral Mature Cheddar Cheese

Typical Values	Per 100g
Energy	416kcal
Protein	25.4g
Carbohydrate	0.1g
of which sugars	0.1g
Fat	34.9g
of which saturates	21.7g
Fibre	none
Sodium	2.8g

### Sainsbury's Breaded Chicken Goujons

Typical Values	Per 100g
Energy	244kcal
Protein	17.7g
Carbohydrate	18.3g
of which sugars	<0.5g
Fat	10.7g
of which saturates	0.9g
Fibre	1.6g
Sodium	0.72g

### Sainsbury's British Cooked Chicken Slices

Typical Values	Per 100g
Energy	114kcal
Protein	20.2g
Carbohydrate	2.6g
of which sugars	<0.5g
Fat	2.5g
of which saturates	0.7g
Fibre	0g
Sodium	1.35g

### Tesco Snack Sausages

Typical Values	Per 100g
Energy	257kcal
Protein	12.9g
Carbohydrate	12.8g
of which sugars	1.5g
Fat	16.7g
of which saturates	6.1g
Fibre	2.0g
Sodium	1.5g

### Sainsbury's British Cooked Ham

Typical Values	Per 100g
Energy	118kcal
Protein	22.3g
Carbohydrate	0.9g
of which sugars	0.9g
Fat	2.8g
of which saturates	1.0g
Fibre	<0.5g
Sodium	1.63g

### Tesco Coleslaw

Typical Values	Per 100g
Energy	183kcal
Protein	0.9g
Carbohydrate	5.5g
of which sugars	5.3g
Fat	17.1g
of which saturates	1.7g
Fibre	1.6g
Sodium	0.6g

### Sainsbury's Basics British Ham Slices

Typical Values	Per 100g
Energy	107kcal
Protein	16.8g
Carbohydrate	2.0g
of which sugars	2.0g
Fat	3.5g
of which saturates	1.3g
Fibre	<0.5g
Sodium	1.80g

### Bernard Matthews Turkey Ham Wafer Thin

Typical Values	Per 100g
Energy	460kcal
Protein	12.9g
Carbohydrate	3.7g
of which sugars	1.3g
Fat	4.8g
of which saturates	1.3g
Fibre	trace
Sodium	2.4g

### Richmond Thick Pork Sausages

Typical Values	Per 100g
Energy	254kcal
Protein	12g
Carbohydrate	16g
of which sugars	0.9g
Fat	16g
of which saturates	8.1g
Fibre	trace
Sodium	2.2g

### Black Farmer Premium Pork Sausages – Gluten Free

Typical Values	Per 100g
Energy	241kcal
Protein	14.8g
Carbohydrate	1.0g
of which sugars	0.5g
Fat	19.7g
of which saturates	8.6g
Fibre	Trace
Sodium	1.3g

### Sainsbury's Bacon & Sausage Wraps (Pigs in Blankets)

Typical Values	Per 100g
Energy	249kcal
Protein	13.0g
Carbohydrate	11.0g
of which sugars	1.2g
Fat	17.0g
of which saturates	5.7g
Fibre	0g
Sodium	1.95g

### Heck Chicken Italia Sausages

Typical Values	Per 100g
Energy	106kcal
Protein	18.7g
Carbohydrate	1.5g
of which sugars	1.5g
Fat	2.3g
of which saturates	0.4g
Fibre	None
Sodium	1.9g

### Sainsbury's Beef Mince 12% fat – pan fried

Typical Values	Per 100g
Energy	206kcal
Protein	25.0g
Carbohydrate	<0.5g
of which sugars	<0.5g
Fat	11.8g
of which saturates	5.4g
Fibre	<0.5g
Sodium	0.18g

### Mrs Crimble's Chocolate Macarons

Typical Values	Per 100g
Energy	459kcal
Protein	3.5g
Carbohydrate	54g
of which sugars	45g
Fat	24g
of which saturates	22g
Fibre	9.0g
Sodium	0.05g

### Sainsbury's Butchers Choice Beef Burgers

Typical Values	Per 100g
Energy	248kcal
Protein	21.3g
Carbohydrate	3.7g
of which sugars	0.7g
Fat	16.3g
of which saturates	7.4g
Fibre	<0.5g
Sodium	1.00g

### Tesco Finest British Beef Steak Burgers

Typical Values	Per 100g
Energy	208kcal
Protein	21.5g
Carbohydrate	3.9g
of which sugars	0.4g
Fat	11.7g
of which saturates	5.0g
Fibre	0.5g
Sodium	0.8g

### Whitby Breaded Calamari Rings

Typical Values	Per 100g
Energy	259kcal
Protein	9.6g
Carbohydrate	23.1g
of which sugars	1.4g
Fat	13.8g
of which saturates	1.3g
Fibre	2.3g
Sodium	1.9g

### Ginsters Sausage Roll

Typical Values	Per 100g
Energy	393kcal
Protein	9.5g
Carbohydrate	18.7g
of which sugars	0.7g
Fat	30.8g
of which saturates	12.7g
Fibre	1.4g
Sodium	1.41g

### Quorn Mini Sausage Rolls

Typical Values	Per 100g
Energy	259kcal
Protein	10.1g
Carbohydrate	24.5g
of which sugars	2.7g
Fat	12.5g
of which saturates	5.3g
Fibre	3.9g
Sodium	0.9g

### Higgidy Feta & Red Pepper Veggie Roll

Typical Values	Per 100g
Energy	365kcal
Protein	<b>8.6g</b>
Carbohydrate	33.1g
of which sugars	1.4g
Fat	22.7g
of which saturates	14.1g
Fibre	2.3g
Sodium	1.3g

### Too Good To Be Gluten Free Sausage Roll

Typical Values	Per 100g
Energy	373kcal
Protein	11.7g
Carbohydrate	22.1g
of which sugars	0.1g
Fat	26.0g
of which saturates	11.4g
Fibre	2.3g
Sodium	1.11g

### Heinz Cream of Tomato Soup

Typical Values	Per 100g
Energy	51kcal
Protein	0.8g
Carbohydrate	6.8g
of which sugars	4.8g
Fat	2.1g
of which saturates	0.2g
Fibre	0.6g
Sodium	0.5g

### New Covent Garden Vegetable Soup

Typical Values	Per 100g
Energy	38kcal
Protein	1.3g
Carbohydrate	4.6g
of which sugars	3.0g
Fat	1.1g
of which saturates	0.6g
Fibre	2.0g
Sodium	0.43g

### Fray Bentos Just Chicken Pie

Typical Values	Per 100g
Energy	12kcal
Protein	5.4g
Carbohydrate	18.0g
of which sugars	0.5g
Fat	2.8g
of which saturates	0.4g
Fibre	0.6g
Sodium	0.65g

### Rowntree's Fruit Pastille Ice Lolly

Typical Values	Per 100g
Energy	83kcal
Protein	0.1g
Carbohydrate	20.76g
of which sugars	19.1g
Fat	0.0g
of which saturates	0.0g
Fibre	0.1g
Sodium	0.00g

### Innocent Smoothie Mango & Passion Fruit

Typical Values	Per 100g
Energy	54kcal
Protein	0.4g
Carbohydrate	12g
of which sugars	11g
Fat	0g
of which saturates	0g
Fibre	1.4g
Sodium	0g

### Naked Green Machine Juice Smoothie

Typical Values	Per 100g
Energy	57kcal
Protein	0.8g
Carbohydrate	12g
of which sugars	12g
Fat	0g
of which saturates	0g
Fibre	1.3g
Sodium	0g

### Tropicana Orange Juice Original

Typical Values	Per 100g
Energy	42kcal
Protein	0.8g
Carbohydrate	8.6g
of which sugars	8.6g
Fat	0g
of which saturates	0g
Fibre	0.8g
Sodium	0g

### Vita Coco Coconut Water

Typical Values	Per 100g
Energy	18kcal
Protein	0g
Carbohydrate	0g
of which sugars	5g
Fat	5g
of which saturates	0g
Fibre	0g
Sodium	0.10g

### Hovis Soft White Medium Sliced

Typical Values	Per 100g
Energy	233kcal
Protein	8.7g
Carbohydrate	44.6g
of which sugars	3.5g
Fat	1.7g
of which saturates	0.3g
Fibre	2.4g
Sodium	0.90g

### Hovis Wholemeal Bread Medium Sliced

Typical Values	Per 100g
Energy	221kcal
Protein	10.0g
Carbohydrate	37.8g
of which sugars	4.1g
Fat	1.8g
of which saturates	0.4g
Fibre	6.8g
Sodium	0.90g

### New York Bakery Cinnamon & Raisin Bagel

Typical Values	Per 100g
Energy	265kcal
Protein	10.5g
Carbohydrate	50.1g
of which sugars	8.4g
Fat	1.6g
of which saturates	0.2g
Fibre	3.5g
Sodium	0.8g

### Sainsbury's Blueberry Muffin

Typical Values	Per 100g
Energy	368kcal
Protein	5.3g
Carbohydrate	49.2g
of which sugars	27.8g
Fat	16.3g
of which saturates	1.4g
Fibre	1.5g
Sodium	0.47g

### Tesco All Butter Croissant

Typical Values	Per 100g
Energy	411kcal
Protein	9.8g
Carbohydrate	45.0g
of which sugars	6.9g
Fat	20.8g
of which saturates	13.4g
Fibre	2.1g
Sodium	0.9g

### Mr Kipling French Fancies

Typical Values	Per 100g
Energy	383kcal
Protein	2.8g
Carbohydrate	70.6g
of which sugars	57.6g
Fat	9.8g
of which saturates	4.3g
Fibre	0.6g
Sodium	0.51g

### Mr Kipling Cherry Bakewells

Typical Values	Per 100g
Energy	422kcal
Protein	3.7g
Carbohydrate	63.0g
of which sugars	38.2g
Fat	17.0g
of which saturates	7.0g
Fibre	1.1g
Sodium	0.36g

## Calippo Ice Lolly

Typical Values	Per 100g
Energy	95kcal
Protein	<0.5g
Carbohydrate	23g
of which sugars	19g
Fat	<0.5g
of which saturates	<0.5g
Fibre	0.g
Sodium	<0.013g

## Birds Eye Cod Fish Fingers

Typical Values	Per 100g
Energy	219kcal
Protein	13.0g
Carbohydrate	21.0g
of which sugars	1.1g
Fat	9.0g
of which saturates	0.6g
Fibre	0.9g
Sodium	0.72g

## Aunt Bessie's Golden Yorkshire Puddings

Typical Values	Per 100g
Energy	248kcal
Protein	7.9g
Carbohydrate	41g
of which sugars	2.5g
Fat	6.3g
of which saturates	0.9g
Fibre	2.8g
Sodium	0.72g

## Aunt Bessie's Homestyle Roast Potatoes

Typical Values	Per 100g
Energy	130kcal
Protein	2.2g
Carbohydrate	19g
of which sugars	<0.5g
Fat	4.5g
of which saturates	1.4g
Fibre	1.9g
Sodium	0.33g

## Haagen-Dazs Cookies & Cream Ice Cream

Typical Values	Per 100g
Energy	260kcal
Protein	4.4g
Carbohydrate	22.3g
of which sugars	20.1g
Fat	17g
of which saturates	10.5g
Fibre	0.3g
Sodium	0.21g

## McVitie's Jaffa Cakes

Typical Values	Per 100g
Energy	380kcal
Protein	4.9g
Carbohydrate	70.8g
of which sugars	52.5g
Fat	8.0g
of which saturates	4.1g
Fibre	2.2g
Sodium	0.24g

## Oreo Original Sandwich Biscuit

Typical Values	Per 100g
Energy	480kcal
Protein	5.0g
Carbohydrate	69g
of which sugars	38g
Fat	20g
of which saturates	9.8g
Fibre	2.5g
Sodium	0.90g

## Fox's Party Ring Biscuits

Typical Values	Per 100g
Energy	444kcal
Protein	5.3g
Carbohydrate	77g
of which sugars	41g
Fat	12g
of which saturates	5.8g
Fibre	2.0g
Sodium	0.55g

Typical Values	
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