

Jaffa Cakes



AVERAGE VALUES	PER 100g	PER CAKE
ENERGY (kJ)	1603kJ	196kJ
ENERGY (kcal)	380	46
CARBOHYDRATE	70.8g	8.6g
of which SUGARS	52.5g	6.4g
FAT	8.0g	1.0g
OF WHICH SATURATES	4.1g	0.5g
PROTEIN	4.9g	0.6g
FIBRE	2.2g	0.3g
SALT	0.24g	0.03g

Aim for **less** than **10g** per 100g for fat and sugars

Rich Tea Biscuits



AVERAGE VALUES	PER 100g	PER BISCUIT
ENERGY (kJ)	1929kJ	160kJ
ENERGY (kcal)	459	38
CARBOHYDRATE	71.3g	5.9g
of which SUGARS	20.2g	1.7g
FAT	15.5g	1.3g
OF WHICH SATURATES	1.5g	0.1g
PROTEIN	7.0g	0.6g
FIBRE	2.9g	0.2g
SALT	0.8g	0.1g

Aim for **less** than **10g** per 100g for fat and sugars

McCoy's Ridge Cut Crisps



AVERAGE VALUES	PER 100g	PER 50g PACK
ENERGY (kJ)	2187kJ	1094kJ
ENERGY (kcal)	524	262
CARBOHYDRATE	54g	27g
of which SUGARS	3.7g	1.9g
FAT	30g	15g
OF WHICH SATURATES	2.8g	1.4g
PROTEIN	6.8g	3.4g
FIBRE	4.1g	2.1g
SALT	1.5g	0.75g



Aim for **less** than **10g** per 100g for fat and sugars

Quavers Crisps



AVERAGE VALUES	PER 100g	PER 16g PACK
ENERGY (kJ)	2245kJ	360kJ
ENERGY (kcal)	536kcal	86kcal
CARBOHYDRATE	62.1g	9.9g
of which SUGARS	2.7g	0.4g
FAT	30.8g	4.9g
OF WHICH SATURATES	2.7g	0.4g
PROTEIN	2.5g	0.4g
FIBRE	1.2g	0.2g
SALT	2.14g	0.34g



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Walkers Baked Crisps



AVERAGE VALUES	PER 100g	PER 25g PACK
ENERGY (kJ)	1832kJ	458kJ
ENERGY (kcal)	436kcal	109kcal
CARBOHYDRATE	68.6g	17.2g
of which SUGARS	7.6g	1.9g
FAT	13.6g	3.4g
OF WHICH SATURATES	1.3g	0.3g
PROTEIN	6.7g	1.7g
FIBRE	6.2g	1.6g
SALT	0.94g	0.24g

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Cadbury Instant Hot Chocolate



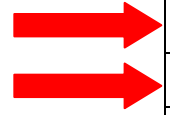
AVERAGE VALUES	PER 100g	Per Serving (28g + 200ml water)
ENERGY (kJ)	1742kJ	488kJ
ENERGY (kcal)	413kcal	116kcal
CARBOHYDRATE	71g	20g
of which SUGARS	61g	17g
FAT	9.3g	2.6g
OF WHICH SATURATES	7.1g	2g
PROTEIN	8g	2.2g
FIBRE	5.8g	1.6g
SALT	1.6g	0.45g

Aim for **less** than **10g** per 100g for fat and sugars

Cadbury Highlights Hot Chocolate

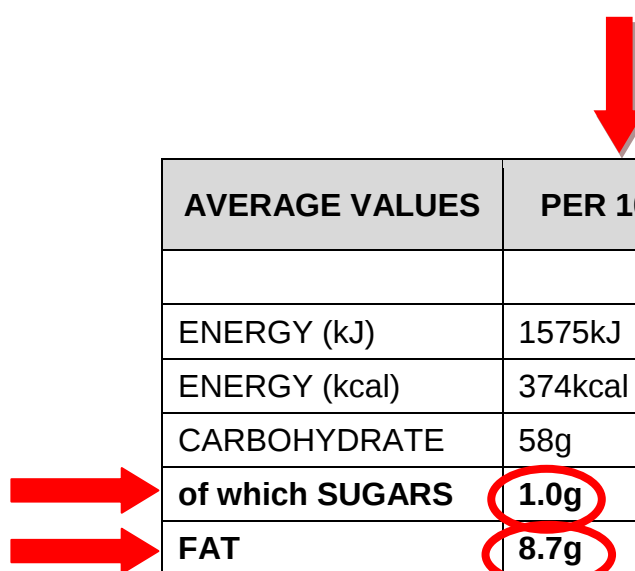


AVERAGE VALUES	PER 100ml	Per Serving (11g + 200ml water)
ENERGY (kJ)	1446kJ	159kJ
ENERGY (kcal)	345kcal	38kcal
CARBOHYDRATE	37g	4g
of which SUGARS	27g	3g
FAT	11g	1.3g
OF WHICH SATURATES	8.7g	1g
PROTEIN	17g	1.8g
FIBRE	12g	1.3g
SALT	3.39g	0.37g



Aim for **less** than **10g** per 100g for fat and sugars

Ready Brek Original



AVERAGE VALUES	PER 100g	PER 30g serving
ENERGY (kJ)	1575kJ	473kJ
ENERGY (kcal)	374kcal	112kcal
CARBOHYDRATE	58g	17g
of which SUGARS	1.0g	0.0g
FAT	8.7g	2.6g
OF WHICH SATURATES	1.2g	0.4g
PROTEIN	12g	3.6g
FIBRE	7.9g	2.4g
SALT	0.03g	0.00g

Aim for **less** than **10g** per 100g for fat and sugars

Weetabix Chocolate



AVERAGE VALUES	PER 100g	PER 2 biscuits
ENERGY (kJ)	1554kJ	699kJ
ENERGY (kcal)	368kcal	166 kcal
CARBOHYDRATE	68g	31g
of which SUGARS	18g	8.1g
FAT	4.0g	1.8g
OF WHICH SATURATES	1.7g	0.8g
PROTEIN	10g	4.5g
FIBRE	10g	4.5g
SALT	0.20g	0.10g

Aim for **less** than **10g** per 100g for fat and sugars

Coco Pops



AVERAGE VALUES	PER 100g	PER 30g serving
ENERGY (kJ)	1621kJ	486kJ
ENERGY (kcal)	382kcal	115kcal
CARBOHYDRATE	84g	25g
of which SUGARS	17g	5.1g
FAT	1.9g	0.6g
OF WHICH SATURATES	0.9g	0.3g
PROTEIN	6.3g	1.9g
FIBRE	3g	0.9g
SALT	0.7g	0.21g



Aim for **less** than **10g** per 100g for fat and sugars

Weetabix



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AVERAGE VALUES	PER 100g	PER 2 biscuit serving
ENERGY (kJ)	1531kJ	574kJ
ENERGY (kcal)	362kcal	136kcal
CARBOHYDRATE	69g	26g
of which SUGARS	4.4g	1.7g
FAT	2.0g	0.8g
OF WHICH SATURATES	0.6g	0.2g
PROTEIN	12g	4.5g
FIBRE	10g	3.8g
SALT	0.28g	0.10g

Aim for **less** than **10g** per 100g for fat and sugars

Shredded Wheat



AVERAGE VALUES	PER 100g	PER 45g (2 biscuits)
ENERGY (kJ)	1522kJ	685kJ
ENERGY (kcal)	360kcal	162kcal
CARBOHYDRATE	68.5g	30.8g
of which SUGARS	0.7g	0.3g
FAT	2.2g	1g
OF WHICH SATURATES	0.5g	0.2g
PROTEIN	12g	5.4g
FIBRE	12g	5.4g
SALT	0.05g	0.02g

Aim for **less** than **10g** per 100g for fat and sugars

Krave



AVERAGE VALUES	PER 100g	PER 30g serving
ENERGY (kJ)	1855kJ	557kJ
ENERGY (kcal)	441kcal	132kcal
CARBOHYDRATE	70g	21g
of which SUGARS	28g	8.4g
FAT	14g	4.2g
OF WHICH SATURATES	4g	1.2g
PROTEIN	7.2g	2.2g
FIBRE	3.1g	0.9g
SALT	0.95g	0.29g



Aim for **less** than **10g** per 100g for fat and sugars

Smarties



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AVERAGE VALUES	PER 100g	PER 17 sweets
ENERGY (kJ)	1941kJ	392kJ
ENERGY (kcal)	462kcal	93kcal
CARBOHYDRATE	68.8g	13.9g
of which SUGARS	63.4g	12.8g
FAT	18.4g	3.7g
OF WHICH SATURATES	10.5g	2.1g
PROTEIN	4.8g	1.0g
FIBRE	0.9g	0.2g
SALT	0.15g	0.03g

Aim for **less** than **10g** per 100g for fat and sugars

Skittles



AVERAGE VALUES	PER 100g	PER 55g bag
ENERGY (kJ)	1710kJ	941kJ
ENERGY (kcal)	404kcal	222kcal
CARBOHYDRATE	90.7g	49.9g
of which SUGARS	89.8g	49.9g
FAT	4.2g	2.3g
OF WHICH SATURATES	1.5g	0.8g
PROTEIN	0g	0g
SALT	0.02g	0.01g

Aim for **less** than **10g** per 100g for fat and sugars

Plain Popcorn



AVERAGE VALUES	PER 100g	PER 50g serving
ENERGY (kJ)	1578kJ	789kJ
ENERGY (kcal)	374kcal	187kcal
CARBOHYDRATE	63.3g	31.7g
of which SUGARS	0.9g	0.5g
FAT	4.5g	2.3g
OF WHICH SATURATES	0.6g	0.3g
PROTEIN	12.9g	6.5g
FIBRE	14.5g	7.3g
SALT	Trace	Trace



Aim for **less** than **10g** per 100g for fat and sugars

Toffee Popcorn



AVERAGE VALUES	PER 100g	PER 30g serving
ENERGY (kJ)	1789kJ	534kJ
ENERGY (kcal)	424kcal	127kcal
CARBOHYDRATE	80.1g	24g
of which SUGARS	50.5g	15.2g
FAT	9.4g	2.8g
OF WHICH SATURATES	3.1g	0.9g
PROTEIN	3.1g	0.9g
FIBRE	3.2g	0.9g
SALT	1.33g	0.4g

Aim for **less** than **10g** per 100g for fat and sugars

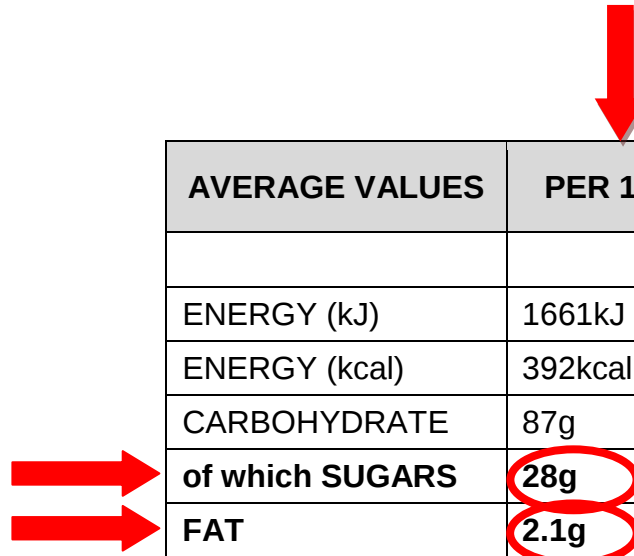
Cheese Snack a Jacks



AVERAGE VALUES	PER 100g	PER 10g cake
ENERGY (kJ)	1628kJ	163kJ
ENERGY (kcal)	384kcal	38kcal
CARBOHYDRATE	81g	8.1g
of which SUGARS	4.5g	0.5g
FAT	2.5g	0.3g
OF WHICH SATURATES	1g	0.1g
PROTEIN	8.5g	0.9g
FIBRE	1.7g	0.2g
SALT	1.5g	0.15g

Aim for **less** than **10g** per 100g for fat and sugars

Caramel Snack a Jacks



AVERAGE VALUES	PER 100g	PER 13g cake
ENERGY (kJ)	1661kJ	216kJ
ENERGY (kcal)	392kcal	51kcal
CARBOHYDRATE	87g	11.3g
of which SUGARS	28g	3.6g
FAT	2.1g	0.3g
OF WHICH SATURATES	0.4g	0.1g
PROTEIN	5.5g	0.7g
FIBRE	1.4g	0.2g
SALT	0.5g	0.07g

Aim for **less** than **10g** per 100g for fat and sugars

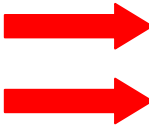
Dairy Milk



AVERAGE VALUES	PER 100g	PER 5 chunks (25g)
ENERGY (kJ)	2232kJ	557kJ
ENERGY (kcal)	534kcal	133kcal
CARBOHYDRATE	57g	14g
of which SUGARS	56g	14g
FAT	30g	7.6g
OF WHICH SATURATES	18g	4.6g
PROTEIN	7.3g	1.8g
FIBRE	2.1g	0.5g
SALT	0.24g	0.06g

Aim for **less** than **10g** per 100g for fat and sugars

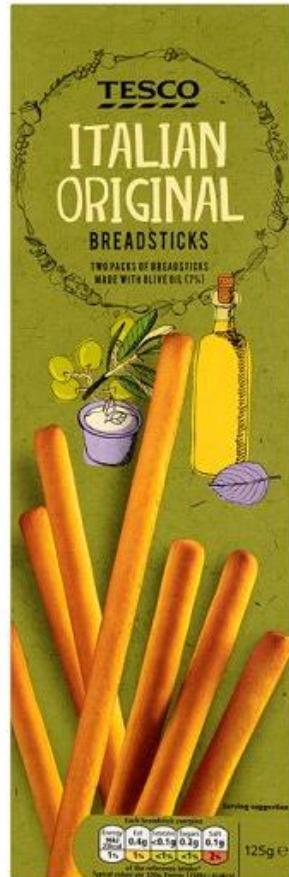
Strawberries



AVERAGE VALUES	PER 100g	PER 100g serving
ENERGY (kJ)	128kJ	128kJ
ENERGY (kcal)	30kcal	30kcal
CARBOHYDRATE	6g	6g
of which SUGARS (natural sugar)	6g	6g
FAT	0.1g	0.1g
OF WHICH SATURATES	<0.1g	<0.1g
PROTEIN	0.8g	0.8g
FIBRE	1.1g	1.1g
SALT	0.1g	0.1g

Aim for **less** than **10g** per 100g for fat and sugars

Original Bread Sticks



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AVERAGE VALUES	PER 100g	PER bread stick (5.5g)
ENERGY (kJ)	1748kJ	96kJ
ENERGY (kcal)	414kcal	23kcal
CARBOHYDRATE	73.1g	4.0g
of which SUGARS	2.8g	0.2g
FAT	7.9g	0.4g
OF WHICH SATURATES	1.4g	<0.1g
PROTEIN	11.2g	0.6g
FIBRE	2.8g	0.2g
SALT	1.8g	0.1g

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Bananas



AVERAGE VALUES	PER 100g	PER banana (150g)
ENERGY (kJ)	435kJ	652kJ
ENERGY (kcal)	103kcal	154kcal
CARBOHYDRATE	23.2g	34.8g
of which SUGARS (natural sugar)	20.9g	31.4g
FAT	0.3g	0.5g
OF WHICH SATURATES	0.1g	0.2g
PROTEIN	1.2g	1.8g
FIBRE	1.1g	1.8g
SALT	<0.01g	<0.01g



Aim for **less** than **10g** per 100g for fat and sugars

Salsa Dip



AVERAGE VALUES	PER 100g	PER ¼ pot (50g)
ENERGY (kJ)	173kJ	87kJ
ENERGY (kcal)	41kcal	21kcal
CARBOHYDRATE	4.9g	2.5g
of which SUGARS	4.6g	2.3g
FAT	1.6g	0.8g
OF WHICH SATURATES	0.1g	<0.1g
PROTEIN	1.3g	0.7g
FIBRE	1.1g	0.6g
SALT	0.3g	0.1g

Aim for **less** than **10g** per 100g for fat and sugars

Barny Bear Milk Sponge Bar



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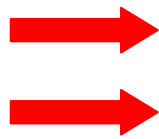
AVERAGE VALUES	PER 100g	PER cake (30g)
ENERGY (kJ)	1630kJ	489kJ
ENERGY (kcal)	390kcal	117kcal
CARBOHYDRATE	58g	17g
of which SUGARS	29g	8.8g
FAT	15g	4.6g
OF WHICH SATURATES	2.2g	0.7g
PROTEIN	6.1g	1.8g
FIBRE	1.3g	0.4g
SALT	0.83g	0.25g

Aim for **less** than **10g** per 100g for fat and sugars

Semi Skimmed Milk



AVERAGE VALUES	PER 100g	PER 200ml serving
ENERGY (kJ)	209kJ	419kJ
ENERGY (kcal)	50kcal	100kcal
CARBOHYDRATE	4.8g	9.6g
of which SUGARS (natural)	4.8g	9.6g
FAT	1.8g	3.66g
OF WHICH SATURATES	1.1g	3.6g
PROTEIN	3.6g	7.2g
FIBRE	0g	0g
SALT	0.1g	0.2g



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