



Wholemeal Bread



Banana



Milk Chocolate



Strawberries



Breadsticks



Cucumber



Grapes



Granola Bar



Blueberries



Cream Cracker



Crisps



Apple



Seeds



Tomatoes



Cheese String



Salted Popcorn



Raisins



Fromage Frais



Sausage Roll



Hard Boiled Egg

Breadsticks

Nutrition information per 100g

Energy 1741kj/412kcal
Protein 11.1g
Carbohydrate 73.2g
Fat 7.7g
Saturated Fat 1.4g
Fibre 2.9g
Salt 1.8g

Strawberries

Nutrition information per 100g

Energy 128kj/30kcal
Protein N/A
Carbohydrate N/A
Fat 0.1g
Saturated Fat N/A
Fibre N/A
Salt N/A

Milk Chocolate

Nutrition information per 100g

Energy 2328kj/558kcal
Protein 5.6g
Carbohydrate 54.0g
Fat 35.0g
Saturated Fat 20.0g
Fibre 1.3g
Salt 0.47g

Banana

Nutrition information per 100g

Energy 348kj/81kcal
Protein 1.2g
Carbohydrate 20.3g
Fat 0.1g
Saturated Fat N/A
Fibre 1.4g
Salt N/A

Wholemeal Bread

Nutrition information per 100g

Energy 986kj/234kcal
Protein 11.9g
Carbohydrate 36.7g
Fat 2.9g
Saturated Fat 0.6g
Fibre 6.6g
Salt 0.9g

Cream Cracker

Nutrition information per 100g

Energy 1851kj/442kcal
Protein 10.0g
Carbohydrate 67.7g
Fat 13.5g
Saturated Fat 6.2g
Fibre 3.8g
Salt 1.3g

Blueberries

Nutrition information per 100g

Energy 289kj/68kcal
Protein 0.7g
Carbohydrate 14.5g
Fat 0.3g
Saturated Fat N/A
Fibre 2.4g
Salt N/A

Granola Bar

Nutrition information per 100g

Energy 2048kj/490kcal
Protein 7.6g
Carbohydrate 55.6g
Fat 25.1g
Saturated Fat 12.1g
Fibre 5.6g
Salt 0.7g

Grapes

Nutrition information per 100g

Energy 278kj/66kcal
Protein 0.4g
Carbohydrate 15.4g
Fat 0.1g
Saturated Fat N/A
Fibre 0.7g
Salt N/A

Cucumber

Nutrition information per 100g

Energy 65kj/16kcal
Protein 1.0g
Carbohydrate 1.2g
Fat 0.6g
Saturated Fat N/A
Fibre 0.7g
Salt N/A

Cheese String

Nutrition information per 100g

Energy 1264kj/304kcal
Protein 23.0g
Carbohydrate 2.5g
Fat 22.5g
Saturated Fat 14.0g
Fibre N/A
Salt 1.9g

Tomatoes

Nutrition information per 100g

Energy 109kj/26kcal
Protein 1.1g
Carbohydrate 3.6g
Fat 0.5g
Saturated Fat 0.1g
Fibre 1.3g
Salt N/A

Sunflower Seeds

Nutrition information per 100g

Energy 2580kj/625kcal
Protein 22.7g
Carbohydrate 2.3g
Fat 55.9g
Saturated Fat 4.3g
Fibre 10.8g
Salt N/A

Apple

Nutrition information per 100g

Energy 225kj/53kcal
Protein 0.4g
Carbohydrate 11.8g
Fat 0.1g
Saturated Fat N/A
Fibre 1.8g
Salt N/A

Crisps

Nutrition information per 100g

Energy 2015kj/480kcal
Protein 6.3g
Carbohydrate 56.0g
Fat 25.8g
Saturated Fat 2.9g
Fibre 5.1g
Salt 1.0g

Hard Boiled Egg

Nutrition information per 100g

Energy 649kj/155kcal
Protein 12.6g
Carbohydrate 0.6g
Fat 10.6g
Saturated Fat 3.3g
Fibre N/A
Salt N/A

Sausage Roll

Nutrition information per 100g

Energy 1312kj/315kcal
Protein 9.1g
Carbohydrate 25.3g
Fat 19.3g
Saturated Fat 8.4g
Fibre 2.0g
Salt 0.7g

Fromage Frais

Nutrition information per 100g

Energy 370kj/88kcal
Protein 5.3g
Carbohydrate 10.4g
Fat 2.4g
Saturated Fat 1.6g
Fibre N/A
Salt 0.1g

Raisins

Nutrition information per 100g

Energy 1412kj/333kcal
Protein 3.3g
Carbohydrate 76.1g
Fat 0.9g
Saturated Fat 0.2g
Fibre 3.5g
Salt 0.1g

Salted Popcorn

Nutrition information per 100g

Energy 2176kj/522kcal
Protein 7.6g
Carbohydrate 48.3g
Fat 31.3g
Saturated Fat 2.4g
Fibre 8.5g
Salt 1.3g



Cup Cake



Cheese Triangle



Satsuma



Salted Pretzels



Ham



White Tortilla



Low Fat Yogurt



Fruit Drink



Water



Cheese



White Bread



Salami Sticks



Smoothie



Jam



Unsalted Butter



Chocolate Chip Cookie



Fizzy Drinks



Orange Juice



Chocolate Spread



Canned Tuna

Ham

Nutrition information per 100g

Energy	478kj/113kcal
Protein	21.6g
Carbohydrate	0.6g
Fat	2.6g
Saturated Fat	1.0g
Fibre	0.6g
Salt	1.6g

Salted Pretzels

Nutrition information per 100g

Energy	1662kj/393kcal
Protein	10.0g
Carbohydrate	76.0g
Fat	4.6g
Saturated Fat	0.5g
Fibre	3.6g
Salt	2.5g

Satsuma

Nutrition information per 100g

Energy	198kj/47kcal
Protein	0.9g
Carbohydrate	9.6g
Fat	0.2g
Saturated Fat	N/A
Fibre	1.5g
Salt	N/A

Cheese Triangle

Nutrition information per 100g

Energy	918kj/220kcal
Protein	13.0g
Carbohydrate	5.4g
Fat	15.0g
Saturated Fat	10.0g
Fibre	0.5g
Salt	1.5g

Cup Cake

Nutrition information per 100g

Energy	2129kj/510kcal
Protein	2.6g
Carbohydrate	58.5g
Fat	29.3g
Saturated Fat	8.1g
Fibre	1.0g
Salt	0.2g

Cheese

Nutrition information per 100g

Energy	1725kj/416kcal
Protein	25.4g
Carbohydrate	0.1g
Fat	34.9g
Saturated Fat	21.7g
Fibre	N/A
Salt	1.8g

Water

Nutrition information per 100g

Energy	0kj/0kcal
Protein	N/A
Carbohydrate	N/A
Fat	N/A
Saturated Fat	N/A
Fibre	N/A
Salt	N/A

Fruit Drink

Nutrition information per 100g

Energy	20kj/5kcal
Protein	N/A
Carbohydrate	0.8g
Fat	N/A
Saturated Fat	N/A
Fibre	N/A
Salt	N/A

Low Fat Yogurt

Nutrition information per 100g

Energy	217kj/51kcal
Protein	3.9g
Carbohydrate	8.1g
Fat	0.1g
Saturated Fat	0.1g
Fibre	0.5g
Salt	N/A

White Tortilla

Nutrition information per 100g

Energy	1199kj/284kcal
Protein	8.2g
Carbohydrate	49.7g
Fat	5.4g
Saturated Fat	2.2g
Fibre	3.7g
Salt	1.0g

Unsalted Butter

Nutrition information per 100g

Energy	3062kj/745kcal
Protein	0.6g
Carbohydrate	0.6g
Fat	82.2g
Saturated Fat	52.1g
Fibre	N/A
Salt	N/A

Jam

Nutrition information per 100g

Energy	1094kj/258kcal
Protein	0.3g
Carbohydrate	62.7g
Fat	0.3g
Saturated Fat	0.2g
Fibre	1.2g
Salt	0.1g

Smoothie

Nutrition information per 100g

Energy	222kj/52kcal
Protein	0.5g
Carbohydrate	12.0g
Fat	N/A
Saturated Fat	N/A
Fibre	0.6g
Salt	N/A

Salami Sticks

Nutrition information per 100g

Energy	2056kj/497kcal
Protein	23.0g
Carbohydrate	2.2g
Fat	44.0g
Saturated Fat	18.0g
Fibre	N/A
Salt	3.9g

White Bread

Nutrition information per 100g

Energy	1013kj/239kcal
Protein	8.1g
Carbohydrate	45.6g
Fat	2.2g
Saturated Fat	0.5g
Fibre	2.3g
Salt	0.9g

Canned Tuna

Nutrition information per 100g

Energy	460kj/109kcal
Protein	24.9g
Carbohydrate	N/A
Fat	1.0g
Saturated Fat	0.3g
Fibre	N/A
Salt	0.7g

Chocolate Spread

Nutrition information per 100g

Energy	2252kj/539kcal
Protein	6.3g
Carbohydrate	57.5g
Fat	30.9g
Saturated Fat	10.6g
Fibre	N/A
Salt	0.1g

Orange Juice

Nutrition information per 100g

Energy	184kj/43kcal
Protein	0.6g
Carbohydrate	10.1g
Fat	N/A
Saturated Fat	N/A
Fibre	0.2g
Salt	N/A

Fizzy Drinks

Nutrition information per 100g

Energy	82kj/19kcal
Protein	0.5g
Carbohydrate	4.8g
Fat	0.5g
Saturated Fat	N/A
Fibre	0.5g
Salt	N/A

Chocolate Chip Cookie

Nutrition information per 100g

Energy	1879kj/168kcal
Protein	5.5g
Carbohydrate	67.8g
Fat	16.8g
Saturated Fat	7.7g
Fibre	1.4g
Salt	0.5g



Carrot Sticks



Dried Apricots



Fruity Flapjack



Chocolate Biscuit



Pasta



Wholemeal Tortilla



Wholegrain Pasta



Semi Skimmed Milk



Hummus



Pita Bread



Celery Sticks



Sweetcorn



Fruit Flakes



Malt Loaf



Bagel



Salmon



Kiwi



Lettuce



Pesto Sauce



Tomato Pasta Sauce

Pasta

Nutrition information per 100g

Energy 657kj/157kcal
Protein 5.8g
Carbohydrate 30.7g
Fat 0.1g
Saturated Fat 0.2g
Fibre 1.8g
Salt 0.2g

Chocolate Biscuit

Nutrition information per 100g

Energy 2017kj/482kcal
Protein 5.0g
Carbohydrate 57.7g
Fat 25.5g
Saturated Fat 14.1g
Fibre 2.3g
Salt N/A

Fruity Flapjack

Nutrition information per 100g

Energy 1816kj/434kcal
Protein 5.7g
Carbohydrate 52.8g
Fat 20.8g
Saturated Fat 6.6g
Fibre 3.8g
Salt N/A

Dried Apricots

Nutrition information per 100g

Energy 1008kj/241kcal
Protein 3.4g
Carbohydrate 62.6g
Fat 0.51g
Saturated Fat N/A
Fibre 7.3g
Salt N/A

Carrot Sticks

Nutrition information per 100g

Energy 172kj/41kcal
Protein 0.9g
Carbohydrate 9.6g
Fat 0.2g
Saturated Fat N/A
Fibre 2.8g
Salt N/A

Pita Bread

Nutrition information per 100g

Energy 1151kj/275kcal
Protein 9.1g
Carbohydrate 55.7g
Fat 1.2g
Saturated Fat 0.2g
Fibre 2.2g
Salt 0.5g

Hummus

Nutrition information per 100g

Energy 741kj/177kcal
Protein 4.9g
Carbohydrate 20.1g
Fat 8.6g
Saturated Fat 1.1g
Fibre 4.0g
Salt 0.2g

Semi Skimmed Milk

Nutrition information per 100g

Energy 209kj/50kcal
Protein 3.3g
Carbohydrate 4.7g
Fat 2.0g
Saturated Fat 1.3g
Fibre N/A
Salt N/A

Wholegrain Pasta

Nutrition information per 100g

Energy 1418kj/339kcal
Protein 12.5g
Carbohydrate 71.4g
Fat 2.7g
Saturated Fat N/A
Fibre 8.9g
Salt N/A

Wholemeal Tortilla

Nutrition information per 100g

Energy 1100kj/253kcal
Protein 9.6g
Carbohydrate 55.8g
Fat 1.3g
Saturated Fat 0.2g
Fibre 7.1g
Salt 0.5g

Bagel

Nutrition information per 100g

Energy 1075kj/257kcal
Protein 10.0g
Carbohydrate 50.5g
Fat 1.6g
Saturated Fat 0.4g
Fibre 2.2g
Salt 0.4g

Malt Loaf

Nutrition information per 100g

Energy 1311kj/310kcal
Protein 8.7g
Carbohydrate 59.7g
Fat 2.9g
Saturated Fat 0.5g
Fibre 3.7g
Salt 0.5g

Fruit Flakes

Nutrition information per 100g

Energy 1356kj/320kcal
Protein 1.5g
Carbohydrate 70.0g
Fat 1.0g
Saturated Fat 0.3g
Fibre 7.5g
Salt 0.3g

Sweetcorn

Nutrition information per 100g

Energy 360kj/86kcal
Protein 3.2g
Carbohydrate 19.0g
Fat 1.2g
Saturated Fat 0.2g
Fibre 2.7g
Salt N/A

Celery Sticks

Nutrition information per 100g

Energy 56kj/14kcal
Protein 0.7g
Carbohydrate 3.0g
Fat N/A
Saturated Fat N/A
Fibre 1.6g
Salt N/A

Tomato Pasta Sauce

Nutrition information per 100g

Energy 187kj/45kcal
Protein 1.3g
Carbohydrate 8.9g
Fat 0.1g
Saturated Fat N/A
Fibre N/A
Salt 0.3g

Pesto Sauce

Nutrition information per 100g

Energy 2234kj/534kcal
Protein 18.1g
Carbohydrate 5.1g
Fat 50.0g
Saturated Fat 13.0g
Fibre 1.6g
Salt 0.7g

Lettuce

Nutrition information per 100g

Energy 56kj/14kcal
Protein 0.9g
Carbohydrate 2.9g
Fat 0.1g
Saturated Fat N/A
Fibre 1.2g
Salt N/A

Kiwi

Nutrition information per 100g

Energy 255kj/61kcal
Protein 1.1g
Carbohydrate 14.7g
Fat 0.5g
Saturated Fat N/A
Fibre 3.0g
Salt N/A

Salmon

Nutrition information per 100g

Energy 715kj/171kcal
Protein 23.9g
Carbohydrate 0.5g
Fat 7.6g
Saturated Fat 1.3g
Fibre N/A
Salt 0.5g