



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	0.2%
Starchy Carbohydrate	10%
Sugary Carbohydrate	10%



Nutritional Information

Nutrient	Percentage of in 1 portion
Fat	2.9%
Starchy Carbohydrate	15%
Sugary Carbohydrate	4%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	14%
Starchy Carbohydrate	14%
Sugary Carbohydrate	2%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	11%
Starchy Carbohydrate	30%
Sugary Carbohydrate	4.5%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	0.9%
Starchy Carbohydrate	9.9%
Sugary Carbohydrate	9.1%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	2.6%
Starchy Carbohydrate	18%
Sugary Carbohydrate	7.8%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	2.5%
Starchy Carbohydrate	15%
Sugary Carbohydrate	17%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	6.1%
Starchy Carbohydrate	30%
Sugary Carbohydrate	12%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	15%
Starchy Carbohydrate	20%
Sugary Carbohydrate	1.4%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	15.2%
Starchy Carbohydrate	67%
Sugary Carbohydrate	20%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	10%
Starchy Carbohydrate	70%
Sugary Carbohydrate	32%



Nutritional Information

Nutrient

Percentage in 1
portion

Fat

25%

Starchy
Carbohydrate

11%

Sugary
Carbohydrate

33%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	3%
Starchy Carbohydrate	18%
Sugary Carbohydrate	5.2%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	20%
Starchy Carbohydrate	43%
Sugary Carbohydrate	5.3%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	15%
Starchy Carbohydrate	44%
Sugary Carbohydrate	18%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	2.8%
Starchy Carbohydrate	22%
Sugary Carbohydrate	10%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	3%
Starchy Carbohydrate	28%
Sugary Carbohydrate	7.3%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	3.2%
Starchy Carbohydrate	0.2%
Sugary Carbohydrate	13.5%



Nutritional Information

Nutrient	Percentage in 1 portion
Fat	0.2%
Starchy Carbohydrate	16%
Sugary Carbohydrate	64%



• MULTIPACK CAN •

Coca-Cola

Nutritional Information

Nutrient	Percentage in 1 portion
Fat	0.0%
Starchy Carbohydrate	0%
Sugary Carbohydrate	11%

BREAKFAST

What have you had for Breakfast this past week?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday