

White Bread

Servings per loaf: 7
Serving size: 2 slices

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	523kJ 125kcal	6%	1046kJ 250kcal
Fat	1.4g	2%	2.8g
Saturated	0.8g	4%	1.6g
Carbohydrates	19g	7%	38g
Sugars	2.5g	3%	5g
Fibre	1.5g		3.0g
Protein	3.2g	6%	6.4g
Salt	1.0g	17%	2.0g

Apple Juice

Servings per container: 4
Serving size: 250ml

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100ml
Energy	502kJ 120kcal	4%	201kJ 48kcal
Fat	<0.1g	<1%	<0.1g
Saturated	<0.1g	<1%	<0.1g
Carbohydrates	30g	7%	12g
Sugars	30g	20%	12g
Fibre	<0.1g		<0.1g
Protein	0.5g	<1%	0.2g
Salt	<0.1g	<1%	<0.1g

Granola

Servings per container: 10

Serving size: 45g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	857kJ 204kcal	11%	1905kJ 454kcal
Fat	7.2g	11%	16g
Saturated	1.4g	8%	3g
Carbohydrates	28g	12%	63g
Sugars	11g	14%	25g
Fibre	3.7g		8.2g
Protein	4.5g	10%	10g
Salt	<0.1g	<1%	<0.1g

Wraps

Servings per packet: 5

Serving size: 1 wrap

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	879kJ 210kcal	11%	1256kJ 300kcal
Fat	4.6g	7%	6.5g
Saturated	1.5g	8%	2.1g
Carbohydrates	34g	13%	48g
Sugars	2.1g	2%	3g
Fibre	2.9g		4.2g
Protein	6.2g	12%	8.8g
Salt	<0.1g	<1%	<0.1g

Biscuits

Servings per container: 24

Serving size: 2

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	1094kJ 261kcal	13%	1989kJ 475kcal
Fat	12g	17%	22g
Saturated	7g	35%	13g
Carbohydrates	34g	24%	63g
Sugars	26g	29%	47g
Fibre	0.7g		1g
Protein	2.2g	4%	4g
Salt	0.3g	5%	0.6g

Popcorn

Servings per container: 9

Serving size: $\frac{1}{4}$ cup (33g)

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	589kJ 140kcal	6%	1786kJ 425kcal
Fat	4g	5%	12g
Saturated	1.9g	9%	5.7g
Carbohydrates	21g	7%	63g
Sugars	3.2g	3%	9.8g
Fibre	4.3g		13g
Protein	3.2g	6%	9.6g
Salt	0.03g	<1%	0.1g

Oatcakes

Servings per container: 13

Serving size: 2 cakes

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	195kJ 47kcal	2%	1871kJ 446kcal
Fat	1.8g	3%	17g
Saturated	0.4g	2%	3.7g
Carbohydrates	6g	2%	58g
Sugars	<0.1g	<0.1%	0.8g
Fibre	1g		8.6g
Protein	1g	2%	9.6g
Salt	0.2g	3%	1.6g

Rice

Servings per bag: 10

Serving size: 100g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	1499kJ 353kcal	13%	1499kJ 353kcal
Fat	1g	1%	1g
Saturated	0.3g	1%	0.3g
Carbohydrates	78g	22%	78g
Sugars	0.5g	<0.1%	0.5g
Fibre	1g		1g
Protein	7.5g	11%	7.5g
Salt	<0.1g	<1%	<0.1g

Semi-Skimmed Milk

Servings per container: 8

Serving size: 250ml

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100ml
Energy	525kJ 125kcal	1%	210kJ 50kcal
Fat	4.25g	1%	1.7g
Saturated	2.5g	3%	1.0g
Carbohydrates	12.5g	1%	5g
Sugars	12.5g	3%	5g
Fibre	0g		0g
Protein	8.8g	3%	3.4g
Salt	0.3g	<1%	0.1g

Potato Chips (Crisps)

Servings per bag: 8

Serving size: about 15 chips (28g)

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	563kJ 134kcal	6%	2011kJ 480kcal
Fat	6.2g	8%	22g
Saturated	0.6g	3%	2.2g
Carbohydrates	17g	6%	61g
Sugars	2.8g	3%	10g
Fibre	1.8g		6.6g
Protein	2g	4%	7g
Salt	0.2g	3%	0.7g

Savoury Biscuits

Servings per container: 14

Serving size: 2 biscuits

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	155kJ 37kcal	2%	1617kJ 382kcal
Fat	<0.5g	<1%	3.6g
Saturated	0.1g	<1%	1.2g
Carbohydrates	6.7g	3%	70g
Sugars	1.2g	1%	12.1g
Fibre	<0.5g		3.8g
Protein	1.5g	3%	15.3g
Salt	<0.1g	1%	0.8g

Oven Chips

Servings per bag: 11

Serving size: about 14 pieces (85g)

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	480kJ 203kcal	11%	565kJ 134kcal
Fat	3.2g	9%	3.8g
Saturated	0.3g	3%	0.4g
Carbohydrates	18g	13%	21g
Sugars	0.4g	<1%	0.5g
Fibre	2.9g		3.4g
Protein	2.4g	8%	2.5g
Salt	0.17g	6%	0.2g

Ice Cream

Servings per container: 10

Serving size: 150g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	1282kJ 306kcal	10%	855kJ 204kcal
Fat	16.5g	16%	11g
Saturated	10.5g	35%	7g
Carbohydrates	38g	10%	25g
Sugars	30g	22%	20g
Fibre	0g		0g
Protein	6g	8%	4g
Salt	0.3g	3%	0.2g

Pasta

Servings per container: 10

Serving size: 100g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	565kJ 134kcal	11%	565kJ 134kcal
Fat	3.8g	9%	3.8g
Saturated	0.4g	3%	0.4g
Carbohydrates	21g	13%	21g
Sugars	0.5g	<1%	0.5g
Fibre	3.4g		3.4g
Protein	2.5g	8%	2.5g
Salt	0.2g	6%	0.2g

Cheese

Servings per container: 7.6

Serving size: 30g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	502kJ 120kcal	11%	1674kJ 400kcal
Fat	10g	14%	33g
Saturated	6g	30%	20g
Carbohydrates	0g	0%	0g
Sugars	0g	0%	0g
Fibre	0g		0g
Protein	7g	14%	23g
Salt	0	0%	0g

Tomato and Cheese Pizza

Servings per container: 8

Serving size: 2 slices

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	854kJ 203kcal	11%	565kJ 134kcal
Fat	5.7g	9%	3.8g
Saturated	0.5g	3%	0.4g
Carbohydrates	32g	13%	21g
Sugars	0.7g	<1%	0.5g
Fibre	5.1g		3.4g
Protein	3.7g	8%	2.5g
Salt	0.31g	6%	0.2g

Cereal

Servings per container: 10

Serving size: 50g

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	768kJ 183kcal	6%	1536kJ 367kcal
Fat	3.5g	3%	7g
Saturated	0.6g	2%	1.3g
Carbohydrates	37g	8%	73g
Sugars	1.6g	1%	3.3g
Fibre	5g		10g
Protein	6.5g	8%	13g
Salt	4.5g	45%	9g