

Food Labels

These food labels show the nutrition in each of these foods (per 100g).

Crisps



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
2083kJ 499kcal	27g	2g	1.6g	1.5g

Carbohydrate 56g

Fibre 4g

Protein 6g

Cooked Wholewheat Pasta



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
572kJ 135kcal	0.7g	0.2g	0.6g	0g

Carbohydrate 26g

Fibre 4g

Protein 4g

Pasta Sauce



Per 100g serving:

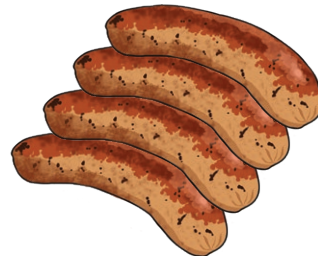
Energy	Fat (total)	Saturated Fat	Sugars	Salt
192kJ 45kcal	0.6g	0.1g	5.4g	0.7g

Carbohydrate 8g

Fibre 1.3g

Protein 1.3g

Sausages



Per 100g serving:

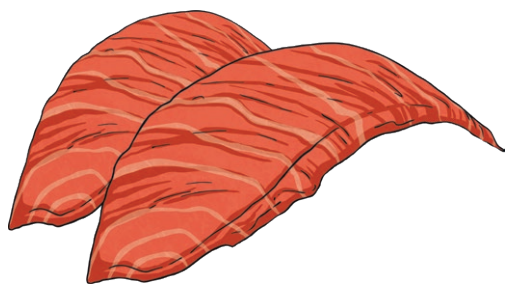
Energy	Fat (total)	Saturated Fat	Sugars	Salt
1223kJ 295kcal	22g	8g	0.5g	1.5g

Carbohydrate 4g

Fibre 1.4g

Protein 19g

Tuna Steaks



Energy	Fat (total)	Saturated Fat	Sugars	Salt
558kJ 132kcal	1.3g	0.2g	0.1g	0.1g

Per 100g serving:

Carbohydrate 0.1g**Fibre** 0.7g**Protein** 30g

Blueberries



Energy	Fat (total)	Saturated Fat	Sugars	Salt
189kJ 45kcal	0.4g	0.1g	9g	Trace

Per 100g serving:

Carbohydrate 9g**Fibre** 1.5g**Protein** 1g

Bananas



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
371kJ 87kcal	0.5g	0.1g	18g	0.1g

Carbohydrate 20g**Fibre** 0.8g**Protein** 1.2g

Chocolate Muffins



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
1747kJ 418kcal	21.1g	5g	32.1g	0.2g

Carbohydrate 50g**Fibre** 3g**Protein** 6g

Clotted Cream

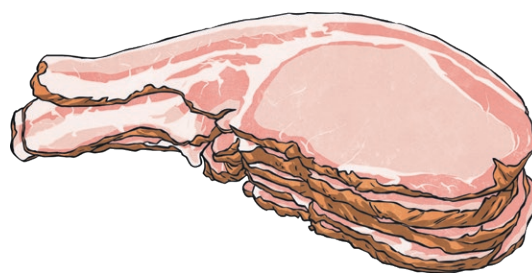


Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
2413kJ 586kcal	63.5g	39.7g	2.3g	Trace

Carbohydrate 2.3g**Fibre** 0g**Protein** 1.6g

Bacon



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
1049kJ 253kcal	20.5g	8g	0.1g	4g

Carbohydrate 0.2g**Fibre** 0g**Protein** 17g

Almonds

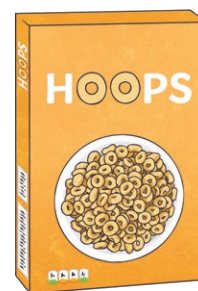


Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
2606kJ 630kcal	56g	4.4g	4.2g	0g

Carbohydrate 6.9g**Fibre** 7.5g**Protein** 21g

Multigrain Hoops Cereal



Per 100g serving:

Energy	Fat (total)	Saturated Fat	Sugars	Salt
1603kJ 380kcal	4.2g	1g	18g	0.8g

Carbohydrate 72g**Fibre** 9g**Protein** 9g