

WHAT'S IN FOOD BREAKFAST

Meals...



Cereals...



Breads...



Spreads...



= 0 GRAMS OF FAT OR SUGAR



= 5 GRAMS OF FAT



= 1.25 GRAMS OF FAT



= 2.5 GRAMS OF SUGAR



= 2.5 GRAMS OF FAT



= 5 GRAMS OF SUGAR