

WHAT'S IN FOOD SNACKS

Biscuits...



Savouries...



Chips...





Sweets...





 = 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