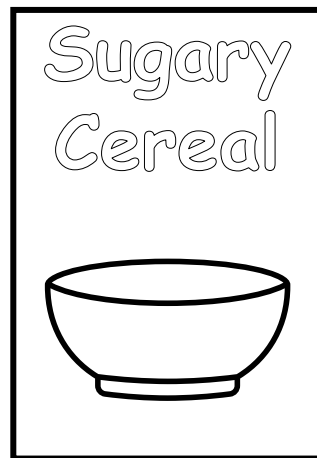




Vanilla

| | Per 100g | HIGH | MED | LOW |
|-------|----------|------|-----|-----|
| Fat | 7.5g | | | |
| sugar | 15.5g | | | |
| salt | 0.11g | | | |



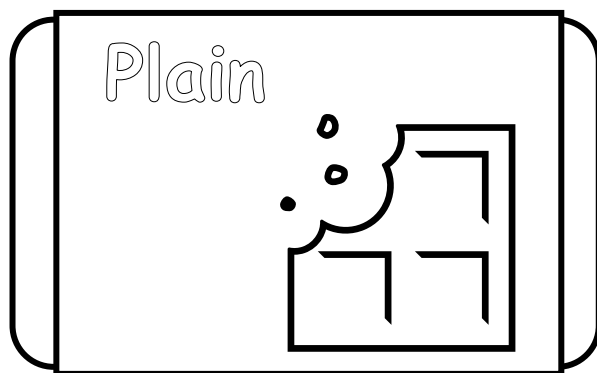
Sugary
Cereal

| | Per 100g | HIGH | MED | LOW |
|-------|----------|------|-----|-----|
| Fat | 0.6g | | | |
| sugar | 37g | | | |
| salt | 0.83g | | | |



Salted

| | Per 100g | HIGH | MED | LOW |
|-------|----------|------|-----|-----|
| Fat | 31g | | | |
| sugar | 0.4g | | | |
| salt | 1.3g | | | |



Plain

| | Per 100g | HIGH | MED | LOW |
|-------|----------|------|-----|-----|
| Fat | 30g | | | |
| sugar | 56g | | | |
| salt | 0.24g | | | |

Use the food label card below to work out if the foods above are high, medium or low in Fat, Sugar and Salt.

| Per 100g | | | |
|----------|------------|---------------|--------------|
| | HIGH | MEDIUM | LOW |
| Fat | Over 17.5g | 3.1g to 17.5g | 3g or less |
| sugar | Over 22.5g | 5.1g to 22.5g | 5g or less |
| salt | Over 1.5g | 0.3g to 1.5g | 0.3g or less |