

**School Food Advisor Sugar
Content Table 4g=1 Teaspoon!**

Product	Size	Fat g	Approx Fat tsp	Sugar g	Approx Sugar tsp
Ribena	500ml	-	-	52.6	13
Pepsi	500ml	-	-	55	13
7up/Sprite	500ml	-	-	53	13
Coca-Cola	500ml	-	-	53	13
Oasis	500ml	-	-	20.6	5
Lucozade	380ml	-	-	52.4	13
Fruit Shoot	200ml	-	-	24	6
Fruit Shoot low-sugar	200ml	-	-	2	0.5
Capri Sun	200ml	-	-	21	5
Capri Sun 100% juice	200ml	-	-	21	5
Walkers	25g	8.3	2	-	
Walkers Lites	24g	5.3	1 ½	-	
Rice Krispie Snack Bar	20g	2	½	7	2
Dunkers Breadsticks	46g	3.8	1	3.2	¾
Lunchable Ham & Cheese	101.9g	11.5	2	2.8	¾
Galaxy Cake Bar		8.8	2 ½	13.7	3 ½
Cadbury's Mini Roll		6.2	1 ½	12.5	3
Squares Chocolate	36g	5	1	13	3 ½
Mini Haribo Star Mix	20g	0	0	15.8	4
Penguin		5.6	1 ½	8.7	2 ¼
Frube Yoghurts	40g	-		5.8	1 ½
Crunchie	40g	7.6	1 ¾	24.7	6 ½
Coco Pops Snack Bar	20g	2.5	½	8	2
Chocolate Mini Fingers	22g	6	1 ½	7.7	1 ¾
McVities Mini Cookies	25g	5.8	1 ½	7.6	1 ¾
Mini Jammie Dodgers	70g	3	¾	5.6	1 ½
Cheese Strings	21g	4	1	-	
Pork Sausage Roll	55g	11.6	2	0.9	1
Mars Bar	58g	9.9	2 ½	34.6	8 ½