

Added Sugar in Snack Foods

Nutritional values obtained from calorieking.com.au, July 2010. One level teaspoon of sugar is equivalent to 4 grams of sugar. All values were rounded to the nearest whole number.



2 Sweet Biscuits



Muesli Bar



Small Bottle of Soft Drink 390mls



Large Chocolate Frog



3 Fingers of Lamington Cake



6 Snake Lollies



Vegetable Sticks



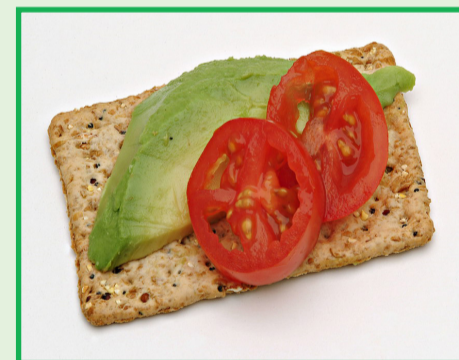
No Sugar

Plain Popcorn



No Sugar

Salad on Cracker



No Sugar

Strawberries



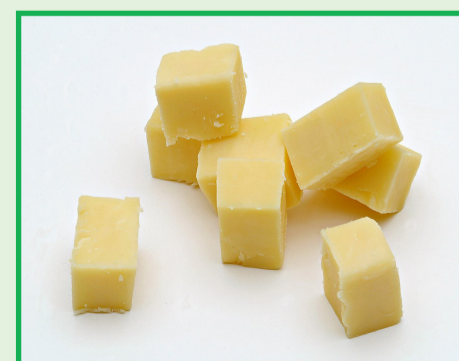
No Sugar

Tap Water only



No Sugar

Cheese Cubes



No Sugar