



# Healthy Food Choice Fact Sheet

## Breakfast



High sugar cereal

fat sugar salt



Wheat biscuit cereal

fat sugar salt



Porridge

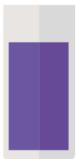
fat sugar salt



Jam on toast

fat sugar salt

## Drink



No-added sugar/  
sugar free squash  
and water

fat sugar salt



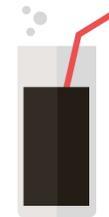
Chocolate milk

fat sugar salt



Orange juice

fat sugar salt



Full sugar cola

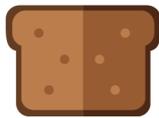
fat sugar salt

## Snack



Chocolate bar

fat sugar salt



Malt loaf

fat sugar salt



Low sugar yoghurt

fat sugar salt



Regular yoghurt

fat sugar salt