



**Banana 100g**

21g sugar

95 calories



**Banana**



**Orange Juice**

**160ml**

72g sugar

296 calories



**Orange  
Juice**



**Raisins 45g**

32g sugar

123 calories



**Raisins**

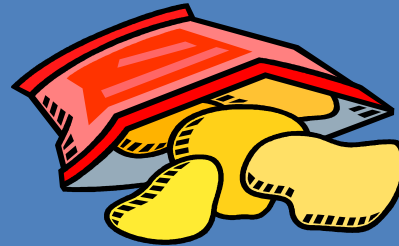


**Crisps 25g**

(Ready Salted)

0.2g sugar

133 calories



**Crisps**

(Ready Salted)



**Milk 200ml**  
(semi-skimmed)

9g sugar

92 calories



**Milk**  
(semi-skimmed)



**Flavoured**  
**Yoghurt 200g**

33g sugar

218 calories



**Flavoured**  
**Yoghurt**



**Digestive  
Biscuits 50g**

7g sugar

247 calories



**Digestive  
Biscuits**



**Peanuts 30g**

2g sugar

169 calories



**Peanuts**



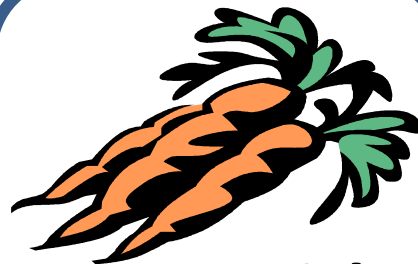
**Cola 330ml**

38g sugar

135 calories



**Cola**

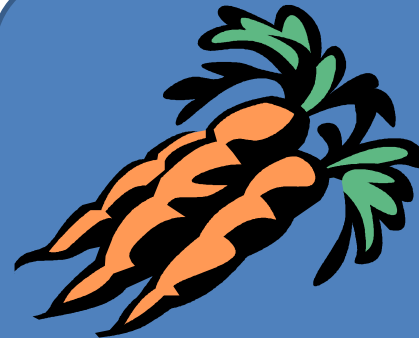


**Carrot Sticks**

**80g**

3g sugar

28 calories



**Carrot  
Sticks**



**Apple 100g**

11g sugar

47 calories



**Apple**



**Milk**

**Chocolate 50g**

28g sugar

260 calories



**Milk  
Chocolate**