

Pepperoni pizza

Nutrition Information		
Typical values per 100g		Per 1/2 pizza
Energy	1160kJ 277 kcal	2128kJ 507 kcal
Protein	12.1g	22.2g
Carbohydrate of which sugars of which starch	28.9g 3.3g 25.6g	53.0g 6.1g 47.0g
Fat of which saturates mono-unsaturates polyunsaturates	12.5g 4.6g 5.3g 2.0g	22.9g 8.4g 9.7g 3.7g
Fibre	3.2g	5.9g
Salt of which sodium	1.11g 0.45g	2.04g 0.82g

INGREDIENTS

Tomato Topped Pizza Base (53%); Pepperoni (14%); Tomato and Oregano Sauce (13%); Mozzarella Cheese (9%) (from Cows' Milk); Cheddar Cheese (6%) (from Cows' Milk); Onion (5%); Parsley.

Tomato Topped Pizza Base contains: Wheat Flour, Water, Rapeseed Oil, Tomato Purée (with Acidity Regulator: Citric Acid), Yeast, Salt, Sugar, Flour Treatment Agent: Ascorbic Acid.

Pepperoni contains: Pork (95%), Salt, Spices (Chilli, Pepper, Paprika, Coriander), Dextrose, Paprika Extract, Antioxidants: Ascorbic Acid, Sodium Ascorbate; Yeast Extract, Garlic Powder, Acidity Regulator: Citric Acid; Preservative: Sodium Nitrate; Starter Culture.

Tomato and Oregano Sauce contains: Tomato (with Acidity Regulator: Citric Acid), Water, Tomato Puree, Sugar, Oregano.

Cola drink

Nutrition Information		
Typical values per 100ml		Per 250ml serving
Energy	180kJ 42 kcal	450kJ 105 kcal
Protein	0g	0g
Carbohydrate of which sugars	10.6g 10.6g	26.5g 26.5g
Fat of which saturates	0g 0g	0g 0g
Sodium of which sodium	0g	0g

INGREDIENTS

Carbonated Water; Sugar; Colour (Caramel E150d); Phosphoric Acid; Natural Flavourings; Flavouring Caffeine.

Cheese and onion crisps

Nutrition Information		
Typical values per 100g		Per 34.5g pack
Energy	2190kJ 525 kcal	756kJ 181 kcal
Protein	7.0g	2.4g
Carbohydrate of which sugar	50g 2.5g	17.3g 0.9g
Fat of which saturates mono-unsaturates polyunsaturates	33.0g 2.6g 25.9g 2.8g	11.4g 0.9g 8.9g 1.0g
Fibre	4.0g	1.4g
Salt of which sodium	1.3g 0.5g	0.4g 0.2g

INGREDIENTS

Potatoes; Sunflower Oil (33%); Cheese and Onion Flavour [Onion Powder, Lactose (from Milk), Whey Powder (from Milk), Milk Powder, Flavour Enhancers (Monosodium Glutamate, Disodium 5-Ribonucleotide), Flavourings, Cheese Powder (from Milk), Soyabean Oil, Colours (Paprika Extract, Annatto), Mustard Derivatives]; **Salt.**

Tuna and tomato pasta bake ready meal

Nutrition Information		
Typical values per 100g		Per pack
Energy	556kJ 133 kcal	2197kJ 525 kcal
Protein	6.3g	25.0g
Carbohydrate of which sugars of which starch	11.1g 2.0g 9.1g	43.8g 7.8g 36.0g
Fat of which saturates mono-unsaturates polyunsaturates	7.0g 4.4g 2.0g 0.2g	27.8g 17.4g 8.0g 0.8g
Fibre	1.1g	4.2g
Salt of which sodium	0.48g 0.19g	1.88g 0.75g

INGREDIENTS

Tomato Sauce; Cheese Sauce; Cooked Egg Pasta Shells (20%); Tuna (15%); Mature Cheddar Cheese (1%).

Tomato sauce contains: Tomato (78%), Water, Onion, Tomato Purée, Extra Virgin Olive Oil, Demerara Sugar, Garlic, Cornflour, Salt, Basil, Parsley, Black Pepper.

Cheese sauce contains: Water, Cows' Milk, Double Cream, Mature Cheddar Cheese (12%), Cornflour, Wheat Flour, Butter, Salt, Bay, Nutmeg, White Pepper.

Cooked egg pasta shells contain: Water, Durum Wheat Semolina, Egg.

Frosted cereal

Nutrition Information		
Typical values per 100g		Per 30g serving with 125ml semi-skimmed milk
Energy	1578kJ 371 kcal	724kJ 170 kcal
Protein	4.5g	6g
Carbohydrate of which sugars of which starch	87g 37g 50g	32g 17g 15g
Fat of which saturates	0.6g 0.1g	2.5g 1.5g
Fibre	2g	0.6g
Sodium Salt	0.45g 1.15g	0.2g 0.5g
Vitamins:	(%RDA*)	(%RDA*)
Thiamin (B1)	1.2mg (83)	0.4mg (29)
Riboflavin (B2)	1.3mg (83)	0.7mg (44)
Niacin	14.9mg (83)	4.7mg (26)
Vitamin B6	1.7mg (83)	0.6mg (29)
Folic acid	166µg (83)	58µg (29)
Vitamin B12	0.83µg (83)	0.77µg (77)
Minerals:		
Calcium	456mg (57)	288mg (36)
Iron	8mg (57)	2.4mg (17)

INGREDIENTS

Maize; Sugar; Barley Malt Flavouring; Salt, Calcium Carbonate; Glucose-Fructose Syrup; Niacin; Iron; Vitimin B₆; Riboflavin (B₂); Thiamin (B₁); Folic Acid; Vitamin B₁₂.

* (%RDA) Percentage of recommended daily allowance