Food Detectives

Name: _____

Remember to always look at the _____ g/ml column

Breakfast Cereals			
Name of Food →	1. **Wheat Biscuits**	2.	**Nutrition Guidelines Per 100g**
Fat Total (g)			**Less than 10g-** can be higher with nuts and seeds
Sugars (g)			**Less than 10g-** with dried fruit 20g or less
Dietary Fibre (g)			**More than 5g**
Sodium (mg)			**Less than 400mg**

Breakfast Cereals			
Name of Food →	3.	4.	**Nutrition Guidelines Per 100g**
Fat Total (g)			**Less than 10g-** can be higher with nuts and seeds
Sugars (g)			**Less than 10g-** with dried fruit 20g or less
Dietary Fibre (g)			**More than 5g**
Sodium (mg)			**Less than 400mg**

Breakfast Cereals			
Name of Food →	5.	6.	**Nutrition Guidelines Per 100g**
Fat Total (g)			**Less than 10g-** can be higher with nuts and seeds
Sugars (g)			**Less than 10g-** with dried fruit 20g or less
Dietary Fibre (g)			**More than 5g**
Sodium (mg)			**Less than 400mg**