

SOFT DRINK



DAMAGES
TEETH

SUGAR*



*8 TEASPOONS PER 375ML

WATER



PROTECTS
TEETH

SUGAR* NIL

*0 TEASPOONS PER 375ML

SPORTS DRINK



DAMAGES
TEETH

SUGAR*



*8 TEASPOONS PER 600ML, CONTAINS ADDED SALT

WATER



PROTECTS
TEETH

SUGAR* NIL

*0 TEASPOONS PER 600ML

ORANGE JUICE



DAMAGES
TEETH

SUGAR*



*5 TEASPOONS PER 250ML

WATER



PROTECTS
TEETH

SUGAR* NIL

*0 TEASPOONS PER 250ML

CORDIAL



DAMAGES
TEETH

SUGAR*



*5 TEASPOONS PER 250ML

WATER



PROTECTS
TEETH

SUGAR* NIL

*0 TEASPOONS PER 250ML

SWEETENED CEREAL

DAMAGES
TEETH



SUGAR*



FIBRE 2g

*PER 100g

WHOLEGRAIN CEREAL



SUGAR*



FIBRE 9g

*PER 100g

SWEET BISCUITS



*PER 100g

PIKELETS



*PER 100g

CHEWY MUESLI BAR



DAMAGES
TEETH



*PER 100g

RICE CAKES



*PER 100g

POTATO CRISPS



HIGH IN
SALT



*PER 100g

POPCORN



HIGH IN
FIBRE



*PER 100g

FRUIT STRAP

ENERGY*
1500kJ



DAMAGES
TEETH

SUGAR*



*PER 100g

APPLE

ENERGY*
230kJ



HIGH IN
FIBRE

SUGAR*



*PER 100g

POTATO CRISPS



VERY HIGH IN SALT

ENERGY*
2000kJ

FAT*



*PER 100g

POTATO CHIPS



HIGH IN SALT

ENERGY*
1060kJ

FAT*



*PER 100g (APPROX. 8 TO 15 CHIPS)

POTATO BAKED OR MICROWAVED



NO ADDED FAT

ENERGY*
280kJ

FAT* NIL

*PER 100g