SOFT DRINK

*8 TEASPOONS PER 375ML

SUGAR

DAMAGES TEETH

WATER

*0 TEASPOONS PER 375ML

SUGAR NIL

PROTECTS TEETH

Produced by Illawarra Shoalhaven Local Health District
SPORTS DRINK

8 TEASPOONS PER 600ML, CONTAINS ADDED SALT

DAMAGES TEETH

SUGAR

WATER

0 TEASPOONS PER 600ML

PROTECTS TEETH

SUGAR NIL

Produced by Illawarra Shoalhaven Local Health District
ORANGE JUICE

*D 5 TEASPOONS PER 250ML

SUGAR* DAMAGES TEETH

WATER

*SUGAR* NIL

*0 TEASPOONS PER 250ML

PROTECTS TEETH

Produced by Illawarra Shoalhaven Local Health District
CORDIAL

*S TEASPOONS PER 250ML

SUGAR

DAMAGES TEETH

WATER

*0 TEASPOONS PER 250ML

SUGAR

PROTECTS TEETH

Produced by Illawarra Shoalhaven Local Health District
SWEETENED CEREAL

*PER 100g

SUGAR
FIBRE 2g

WHOLEGRAIN CEREAL

*PER 100g

SUGAR
FIBRE 9g

DAMAGES TEETH

Produced by Illawarra Shoalhaven Local Health District
SWEET BISCUITS

PIKELETS

Produced by Illawarra Shoalhaven Local Health District
CHEWY MUESLI BAR

*FAT* ✨ SUGAR* 🍯

DAMAGES TEETH

*PER 100g

RICE CAKES

*FAT* ✨ SUGAR* NIL

*PER 100g

Produced by Illawarra Shoalhaven Local Health District
POTATO CRISPS

*HIGH IN SALT*

*FAT* 
*PER 100g*

Produced by Illawarra Shoalhaven Local Health District

POPCORN

*HIGH IN FIBRE*

*FAT* 
*PER 100g*
FRUIT STRAP

ENERGY* 1500kJ

SUGAR* *PER 100g

DAMAGES TEETH

APPLE

ENERGY* 230kJ

SUGAR* *PER 100g

HIGH IN FIBRE

Produced by Illawarra Shoalhaven Local Health District
POTATO CRISPS

ENERGY* 2000kJ

FAT* NIL

*PER 100g

POTATO CHIPS

ENERGY* 1060kJ

FAT* NIL

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

POTATO BAKED OR MICROWAVED

ENERGY* 280kJ

NO ADDED FAT

*PER 100g

Produced by Illawarra Shoalhaven Local Health District