
## SH1 - Healthy Food Choice Fact Sheet

### Healthy Food Choice Fact Sheet

#### Breakfast

Wheat biscuit cereal

Porridge

Jam on toast

High sugar cereal

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt

#### Drink

No-added sugar/ sugar free squash and water

Chocolate milk

Orange juice

Full sugar cola

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt

#### Snack

Malt loaf

Low sugar yoghurt

Regular yoghurt

Chocolate bar

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt

sugar

fat

salt