

## Snacks

Snack	Teaspoons of sugar	Fat	Calories
Quavers crisps	¼ tsp	5g	88
Yoghurt and fresh fruit	2 ½ tsps	1.5g	75
Carrots and humous	¼ tsp	4.5g	95
Babybel cheese	trace	4.8g	61
Frubes yoghurts	3 tsps	2.8g	108
Rice Krispies Cereal bar	2 tsps	2.2g	82
Belvita breakfast biscuits	3 ¼ tsps	7.8g	224
Fruit corner yoghurt	6 tsps	5.7g	175
Mr Kipling's angel slices	6 ½ tsps	12.2g	276
Sausage roll	trace	25g	356
Haribo 160g bag	32 tsps	0.4g	688
Chocolate chip muffin	9 ¾ tsps	21g	440
Mars bar	7 ½ tsps	8.7g	229
Milkbar buttons funsize pack	4 ½ tsps	17.5g	164