

Snack Compare

Per					
Calories					
Fats (g)					
Saturated Fats (g)					
Cholesterol (mg)					
Sodium (mg)					
Carbs (g)					
Fibre (g)					
Sugars (g)					
Protein (g)					
Vitamin A					
Vitamin C					
Calcium					
Iron					
Folate					
Magnesium					

Drink Compare

Per				
Calories				
Fats (g)				
Saturated Fats (g)				
Cholesterol (mg)				
Sodium (mg)				
Carbs (g)				
Fibre (g)				
Sugars (g)				
Protein (g)				
Vitamin A				
Vitamin C				
Calcium				
Iron				
Folate				
Magnesium				