**Year 3 – How much sugar do you eat?**

Daily recommended sugar <85g

BREAKFAST

Weetabix 1.7g

Shreddies 6g

Special K 11g

Frosties 17g

Coco Pops 17g

LUNCH (sandwiches)

Egg and watercress 2.2g

Tuna mayo 3g

Cheese and pickle 6g

Coronation chicken 16.8g

BLT 2.4g

DINNER

Spaghetti Bolognese 6g

Chicken korma and rice 8g

Big Mac 9g

Pizza 5g

Fish pie 6g