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

Daily recommended sugar <85g

BREAKFAST

Weetabix

Shreddies

Special K

Frosties

Coco Pops

LUNCH (sandwiches)

Egg and watercress

Tuna mayo

Cheese and pickle

Coronation chicken

BLT

DINNER

Spaghetti Bolognese

Chicken korma and rice

Big Mac

Pizza

Fish pie