

The background features a bar chart with blue and green bars grouped by quarter (Q1, Q2, Q3, Q4). A magnifying glass is positioned over the Q3 and Q4 groups. The chart has a vertical axis with a '1,000' label. The text 'Maths Enrichment Incl Nutritional Charts/Graphs' is overlaid in white, centered on the chart.

Maths Enrichment Incl Nutritional Charts/Graphs

By Thomas Chapman Year 7

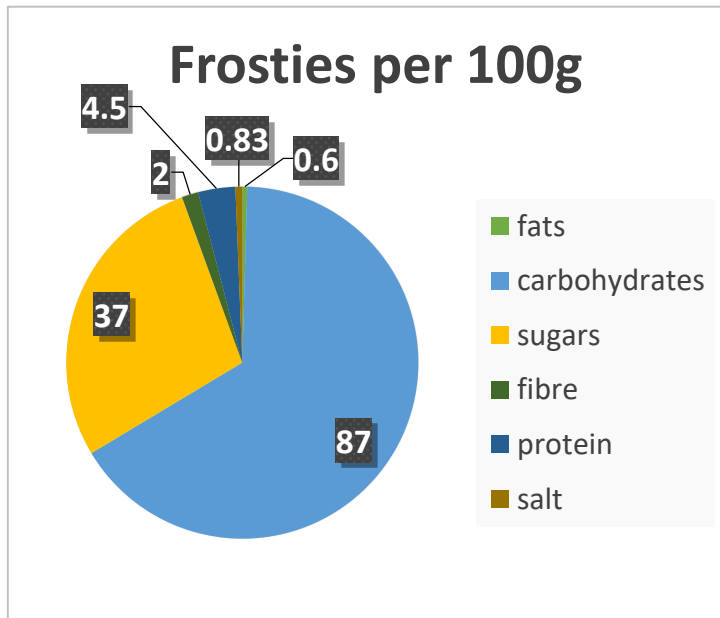


We will look at the different Nutrients in the below products





As you can see the Frosties contain high % of sugar and carbohydrates



NUTRITION INFORMATION				
	/100g	%RI*	/30g	%RI*
Energy	1594kJ 375kcal		478kJ 113kcal	6%
Fat	0.6g		0.2g	<1%
of which saturates	0.1g		0.03g	<1%
Carbohydrate	87g		26g	
of which sugars	37g		11g	12%
Fibre	2g		0.6g	
Protein	4.5g		1.4g	
Salt	0.83g		0.25g	4%
Vitamins:				
Vitamin D	8.4µg	167%	2.5µg	50%
Thiamin (B1)	0.91mg	83%	0.28mg	25%
Riboflavin (B2)	1.2mg	83%	0.35mg	25%
Niacin (B3)	13.3mg	83%	4.0mg	25%
Vitamin B6	1.2mg	83%	0.35mg	25%
Folic Acid (B9)	166µg	83%	50.0µg	25%
Vitamin B12	2.1µg	83%	0.63µg	25%
Minerals:				
Iron	8.0mg	57%	2.4mg	17%

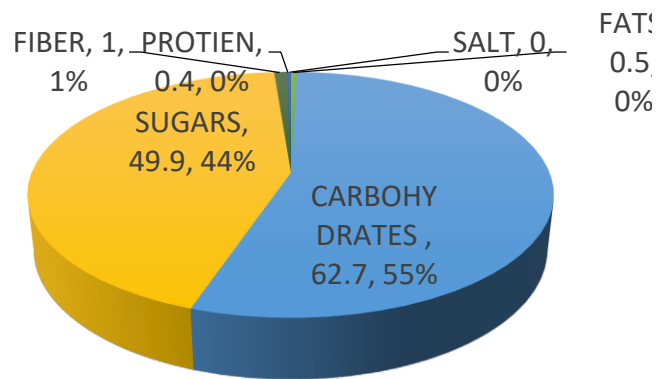
*Reference intake of an average adult (8400kJ/2000kcal)

CONSUMER SERVICE





The strawberry contains a lot of carbohydrates and also a lot of sugar!

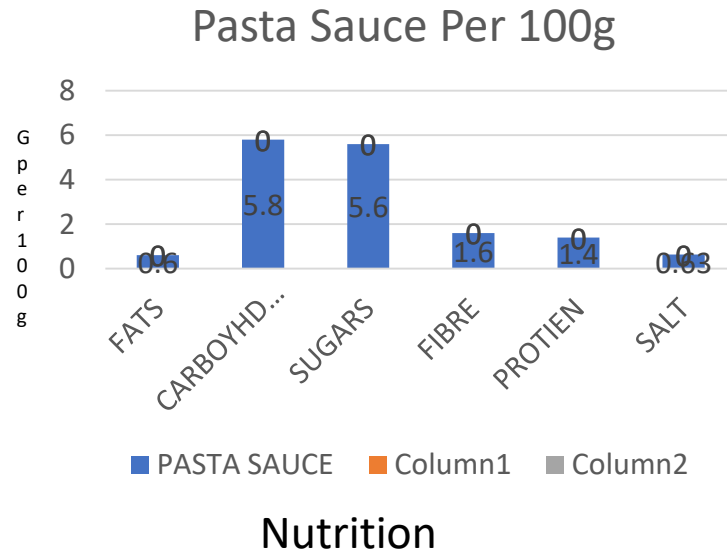


- FATS
- SUGARS
- PROTIEN
- CARBOHYDRATES
- FIBER
- SALT



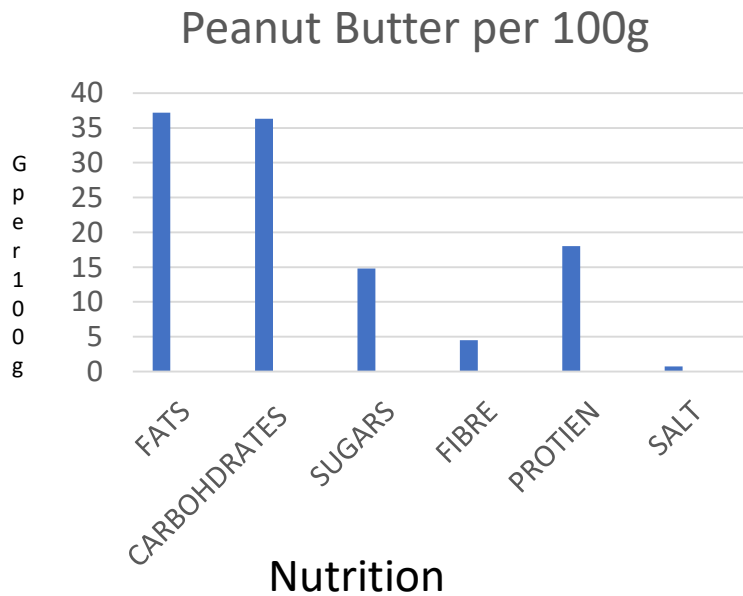


Overall we can see that the pasta sauce is quite healthy!



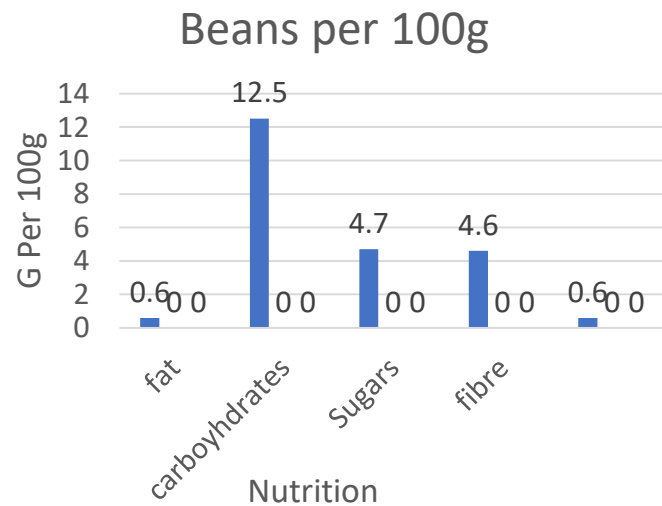


The smooth 30%reduced fat peanut butter still has 37 grams of fat!





AS we can see that the beans are healthier than we think!



The Graphs below compares , Fats , Carbs , Sugars , Protein & Salt in the different products per 100g

