

100g of low-fat fruit yogurt provides 6% of total carbohydrates, 2% total fats, 17% calcium, 12% riboflavin and contains 105 calories.

In an average cold meat sandwich it contains approximately 28g of meat, for example ham provides 41 calories, 6g of protein and 2% of total fat. Including lettuce into the sandwich can also be a good source of vitamin A.



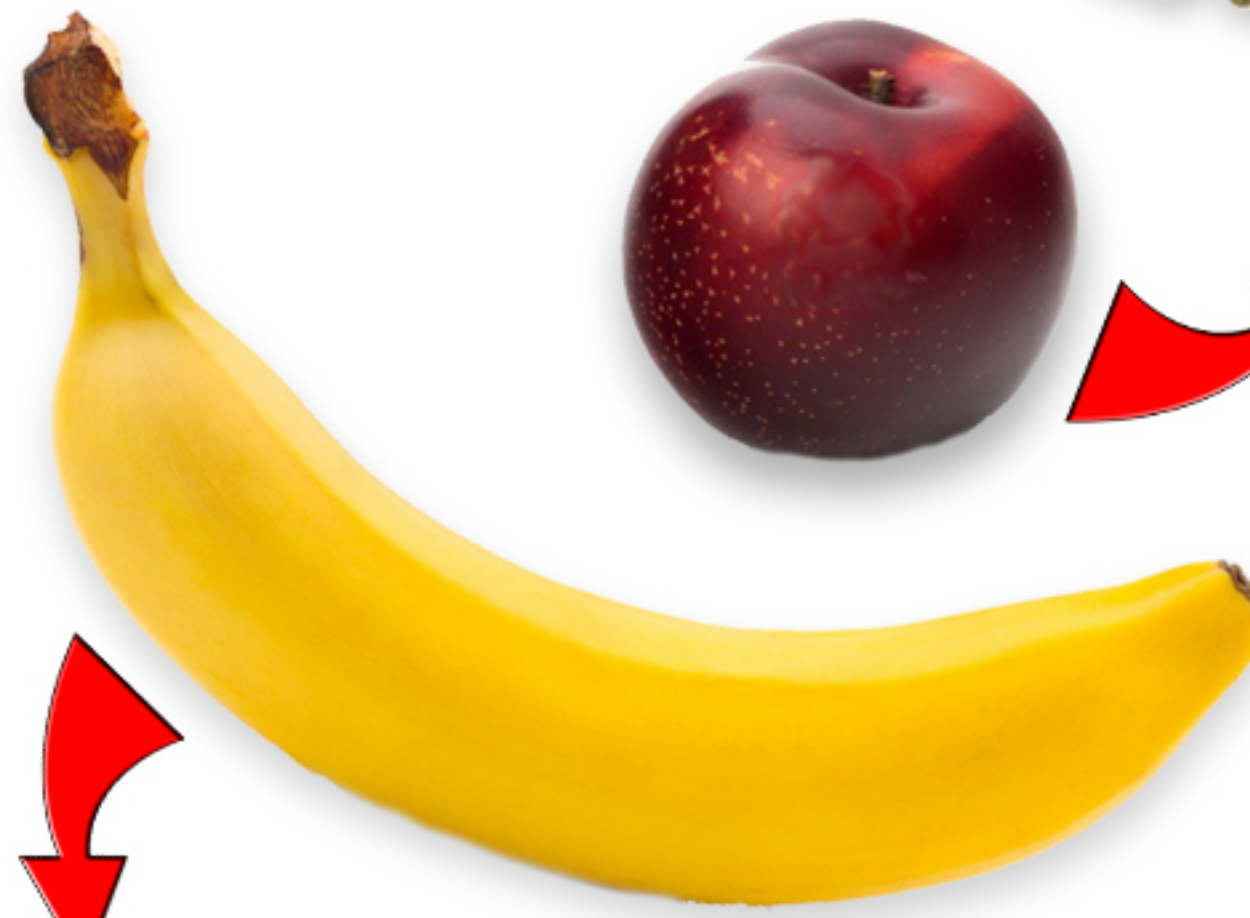
A 28g packet of dried fruit (consisting of prune, pear and apricot) contains 68 calories, 9% of dietary fibre and vital nutrients such as 14% vitamin A, 4% iron and 6% potassium.

Ten grapes at approximately 49g are high in vitamin C and provide 34 calories.

A medium carrot contains 4 calories and is rich in vitamin A with 28% of the recommended daily intake. Half a cup of cucumber (approximately 52g) provides vitamin A, iron, calcium, vitamin C and 8 calories.

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One large egg is approximately 50g and contains 77 calories which provides essential vitamin A, calcium and iron micronutrients. It also provides 8% of total fat, including omega-3 and omega-6 fatty acids.



Plum at 66g is rich in vitamin C and vitamin A, providing 30 calories.

A 60g piece of homemade banana bread made with margarine provides 196 calories, contributing 10% of total fats, 7% saturated fat and 11% of total carbohydrates. It also contains a variety of the key nutrients; vitamin A, C, B6, B12, iron and folate.

A small banana (101g) provides 90 calories, 23g carbohydrate of which 12g are sugars and 3g of dietary fibre it is also rich in vitamin C (15%).

A 250ml serving of orange juice will provide 124mg of vitamin C (207% of your RDA) and 26g of carbohydrates.

A typical 28g portion of flapjack will provide you with 7.3g fat and 16.8g of carbohydrates (a mixture of complex and simple carbohydrates). This greatly depends on the recipe used.



Half a tin of tuna canned in water equates to 99 calories, 22g of protein, 9% cholesterol and 1% of total fats; it also provides vitamin A, calcium and iron.

A small nectarine is rich in vitamin C and vitamin A and contains 57 calories.

A small apple (149g) is rich in vitamin C (11%); it also provides vitamin A, iron and calcium and contains 77 calories.