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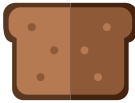


## Breakfast

 <p>High sugar cereal</p> <p>Fat Sugar Salt</p>	 <p>Wheat biscuit cereal</p> <p>Fat Sugar Salt</p>	 <p>Porridge</p> <p>Fat Sugar Salt</p>	 <p>Jam on toast</p> <p>Fat Sugar Salt</p>
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## Drink

 <p>Squash and water</p> <p>Fat Sugar Salt</p>	 <p>Chocolate milk</p> <p>Fat Sugar Salt</p>	 <p>Orange juice</p> <p>Fat Sugar Salt</p>	 <p>Full sugar cola</p> <p>Fat Sugar Salt</p>
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## Snack

 <p>Chocolate bar</p> <p>Fat Sugar Salt</p>	 <p>Malt loaf</p> <p>Fat Sugar Salt</p>	 <p>Low sugar yogurt</p> <p>Fat Sugar Salt</p>	 <p>Regular yoghurt</p> <p>Fat Sugar Salt</p>
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