Spinach

100g

Energy	25kcal
Protein	2g
Carbohydrate	1.6g
Fat	0.8g

High Wins

Low Wins

Fibre	2g
Calcium	170mg
Iron	2.1mg
Fat (saturated)	0.1g
Sugar	1.5g
Salt	140mg

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Broccoli

100g

Energy	34kcal
Protein	4.3g
Carbohydrate	3.2g
Fat	0.6g

High Wins

Low Wins

Fibre	4g
Calcium	48mg
Iron	1mg
Fat (saturated)	0.15g
Sugar	1.9g
Salt	9mg

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Tomato

100g

Energy	14kcal
Protein	0.5g
Carbohydrate	3g
Fat	0.1g

High Wins

Low Wins

Fibre	1g
Calcium	8mg
Iron	0.24mg
Fat (saturated)	0.03g
Sugar	3g
Salt	2mg

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Carrot

100g

Energy	30kcal
Protein	0.7g
Carbohydrate	6g
Fat	0.5g

High Wins

Low Wins

Fibre	3.2g
Calcium	34mg
Iron	0.4mg
Fat (saturated)	0.1g
Sugar	5.6g
Salt	27mg

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Peas

100g

Energy	83kcal
Protein	6.9g
Carbohydrate	11.3g
Fat	1.5g

High Wins	
Fibre	5.3g
Calcium	21mg
Iron	2.8mg
Fat (saturated)	0.56g
Sugar	2.3g
Low Wins	
Salt	4mg

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Red Pepper

100g

Energy	21kcal
Protein	0.8g
Carbohydrate	4.3g
Fat	0.2g

High Wins	
Fibre	2.2g
Calcium	7mg
Iron	0.39mg
Fat (saturated)	0.05g
Sugar	4.2g
Low Wins	
Salt	1mg

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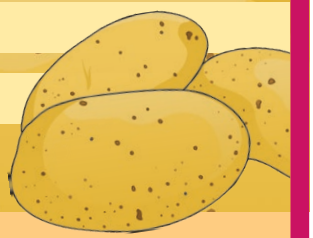
Boiled Potatoes

Energy	68kcal
Protein	1.8g
Carbohydrate	14.9g
Fat	0.1g

100g



High Wins	
Fibre	1.8g
Calcium	11mg
Iron	0.61mg
Fat (saturated)	0.04g
Sugar	1.1g
Low Wins	
Salt	3mg

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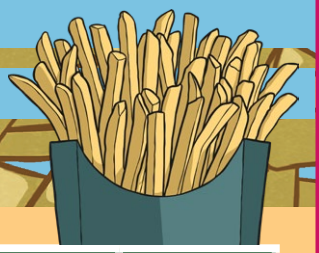
Chips

100g

Energy	197kcal
Protein	3.2g
Carbohydrate	33.1g
Fat	6.7g



High Wins	
Fibre	3.4g
Calcium	13mg
Iron	0.54mg
Fat (saturated)	3.37g
Sugar	1.5g
Low Wins	
Salt	31mg

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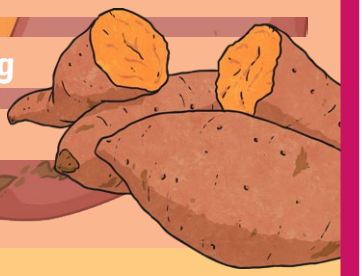
Sweet Potato

100g

Energy	87kcal
Protein	1.2g
Carbohydrate	21.3g
Fat	0.3g



High Wins	Fibre	3.2g
	Calcium	24mg
	Iron	0.7mg
Low Wins	Fat (saturated)	0.1g
	Sugar	5.7g
	Salt	40mg

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Orange

100g

Energy	36kcal
Protein	0.8g
Carbohydrate	8.2g
Fat	0.2g

High Wins	Fibre	1.2g
	Calcium	24mg
	Iron	0.11mg
Low Wins	Fat (saturated)	0.05g
	Sugar	8.2g
	Salt	1mg

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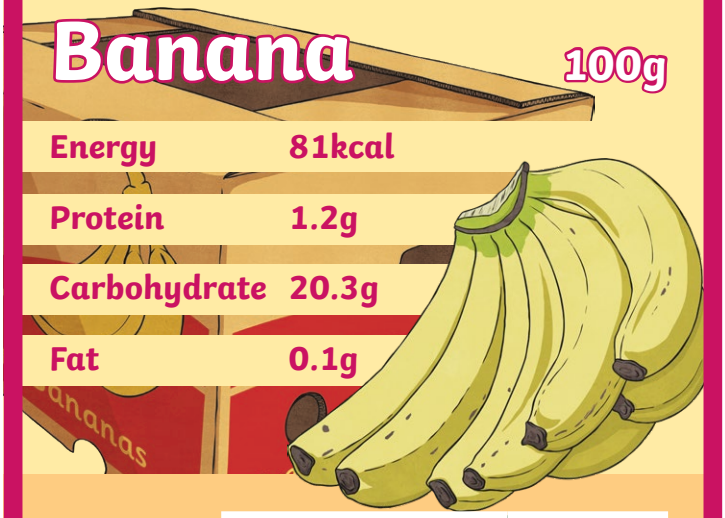
Banana

100g

Energy	81kcal
Protein	1.2g
Carbohydrate	20.3g
Fat	0.1g



High Wins	Fibre	1.4g
	Calcium	6mg
	Iron	0.27mg
Low Wins	Fat (saturated)	0.04g
	Sugar	18.1g
	Salt	0mg

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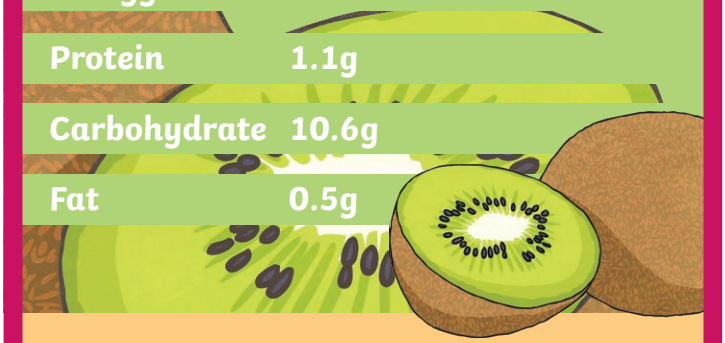
Kiwi Fruit

100g

Energy	49kcal
Protein	1.1g
Carbohydrate	10.6g
Fat	0.5g



High Wins	Fibre	2.5g
	Calcium	25mg
	Iron	0.4mg
Low Wins	Fat (saturated)	0g
	Sugar	10.3g
	Salt	4mg

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Apple 100g

Energy	43kcal
Protein	0.5g
Carbohydrate	10g
Fat	0.4g

High Wins	Fibre	1g
	Calcium	5mg
	Iron	0.08mg
Low Wins	Fat (saturated)	0.1g
	Sugar	10g
	Salt	1mg

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Raspberries 100g

Energy	25kcal
Protein	1.4g
Carbohydrate	4.6g
Fat	0.3g

High Wins	Fibre	3.3g
	Calcium	25mg
	Iron	0.7mg
Low Wins	Fat (saturated)	0.1g
	Sugar	4.6g
	Salt	3mg

twinkl.com

Baked Beans 100g

Energy	81kcal
Protein	5g
Carbohydrate	15g
Fat	0.5g

High Wins	Fibre	4.9g
	Calcium	42mg
	Iron	1.42mg
Low Wins	Fat (saturated)	0.09g
	Sugar	4.8g
	Salt	0.26g

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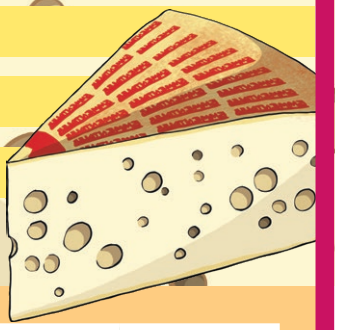
Cheese 100g

Energy	416kcal
Protein	25.4g
Carbohydrate	0.1g
Fat	34.9g



High Wins	Fibre	0g
	Calcium	739mg
	Iron	0.3mg
Low Wins	Fat (saturated)	21.68g
	Sugar	0.1g
	Salt	723mg

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Milk

100ml

Energy	43kcal
Protein	0.5g
Carbohydrate	10g
Fat	0.4g

High Wins

Low Wins

Fibre	1g
Calcium	5mg
Iron	0.08mg
Fat (saturated)	0.1g
Sugar	10g
Salt	1mg

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Wholemeal Bread

100g

Energy	217kcal
Protein	9.4g
Carbohydrate	42g
Fat	2.5g

High Wins

Low Wins

Fibre	7g
Calcium	106mg
Iron	2.4mg
Fat (saturated)	0.46g
Sugar	2.8g
Salt	400mg

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White Rice

100g

Energy	131kcal
Protein	2.8g
Carbohydrate	31.1g
Fat	0.4g

High Wins

Low Wins

Fibre	0.5g
Calcium	9mg
Iron	0.04mg
Fat (saturated)	0.09g
Sugar	0g
Salt	11mg

twinkl.com

Baked Potato

100g

Energy	97kcal
Protein	2.5g
Carbohydrate	22.6g
Fat	0.2g

High Wins

Low Wins

Fibre	2.6g
Calcium	11mg
Iron	0.63mg
Fat (saturated)	0.1g
Sugar	1.4g
Salt	2mg

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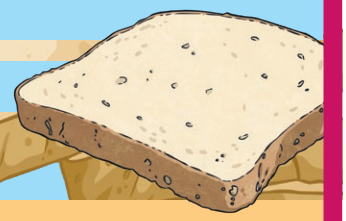
White Bread 100g

Energy	236kcal
Protein	8.7g
Carbohydrate	48.7g
Fat	2.1g



High Wins	Fibre	2.9g
	Calcium	155mg
	Iron	1.5mg
Low Wins	Fat (saturated)	0g
	Sugar	3g
	Salt	400mg

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Cornflakes 100g

Energy	376kcal
Protein	7.1g
Carbohydrate	90.9g
Fat	0.8g

High Wins	Fibre	2.6g
	Calcium	3mg
	Iron	11.8mg
Low Wins	Fat (saturated)	0.14g
	Sugar	7.3g
	Salt	450mg

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Yoghurt 100g

Energy	79kcal
Protein	5.7g
Carbohydrate	7.8g
Fat	3g

High Wins	Fibre	0g
	Calcium	200mg
	Iron	0.1mg
Low Wins	Fat (saturated)	1.91g
	Sugar	7.8g
	Salt	80mg

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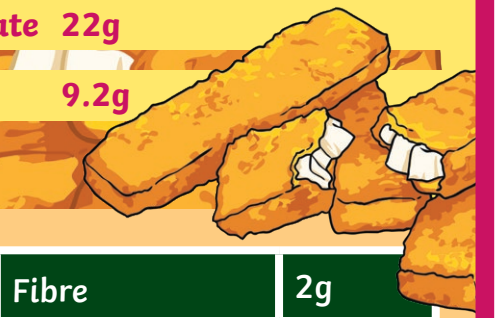
Fish Fingers 100g

Energy	223kcal
Protein	14.3g
Carbohydrate	22g
Fat	9.2g



High Wins	Fibre	2g
	Calcium	32mg
	Iron	057mg
Low Wins	Fat (saturated)	1.19g
	Sugar	1.5g
	Salt	317mg

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Chicken Nuggets

100g	
Energy	297kcal
Protein	29.7g
Carbohydrate	16.32g
Fat	18.2g

	High Wins	Low Wins
Fibre	0g	
Calcium	14mg	
Iron	0.83mg	
Fat (saturated)		4g
Sugar		0.8g
Salt		574mg

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Pizza

100g	
Energy	272kcal
Protein	12.2g
Carbohydrate	36.1g
Fat	9.8g

	High Wins	Low Wins
Fibre	2.9g	
Calcium	217mg	
Iron	1.09mg	
Fat (saturated)		4.12g
Sugar		3.9g
Salt		397mg

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Pasta

100g	
Energy	159kcal
Protein	6.6g
Carbohydrate	31.8g
Fat	1.5g

	High Wins	Low Wins
Fibre	2.7g	
Calcium	37mg	
Iron	0.8mg	
Fat (saturated)		1.5g
Sugar		0.6g
Salt		16mg

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Crisps

100g	
Energy	493kcal
Protein	6.2g
Carbohydrate	55.8g
Fat	28.8g

	High Wins	Low Wins
Fibre	4.4g	
Calcium	48mg	
Iron	1.46mg	
Fat (saturated)		2.48
Sugar		0.9g
Salt		604mg

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Jam

100g

Energy	278kcal
Protein	0.4g
Carbohydrate	69g
Fat	0.1g

High Wins

Low Wins

Fibre	1.1g
Calcium	20mg
Iron	0.49mg
Fat (saturated)	0.1g
Sugar	42.64g
Salt	36mg

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Butter

100g

Energy	744kcal
Protein	0.6g
Carbohydrate	0.6g
Fat	82.2g

High Wins

Low Wins

Fibre	0g
Calcium	18mg
Iron	0mg
Fat (saturated)	52.09g
Sugar	0.6g
Salt	730mg

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Fried Egg

100g

Energy	196kcal
Protein	14g
Carbohydrate	0.8g
Fat	15g

High Wins

Low Wins

Fibre	0g
Calcium	62mg
Iron	2.03mg
Fat (saturated)	4.3g
Sugar	0.4g
Salt	207mg

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Boiled Egg

100g

Energy	155kcal
Protein	13g
Carbohydrate	1.1g
Fat	11g

High Wins

Low Wins

Fibre	0g
Calcium	50mg
Iron	0.05mg
Fat (saturated)	3.3g
Sugar	1.1g
Salt	124mg

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Scrambled Egg

		100g
Energy	152kcal	
Protein	14.6g	
Carbohydrate	1.6g	
Fat	10.4g	

High Wins

Low Wins

Fibre	0g
Calcium	66mg
Iron	2mg
Fat (saturated)	3.3g
Sugar	1.4g
Salt	145mg

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Strawberries

		100g
Energy	30kcal	
Protein	0.6g	
Carbohydrate	6.1g	
Fat	0.5g	

High Wins

Low Wins

Fibre	3.8g
Calcium	17mg
Iron	0.25mg
Fat (saturated)	0g
Sugar	6.1g
Salt	1mg

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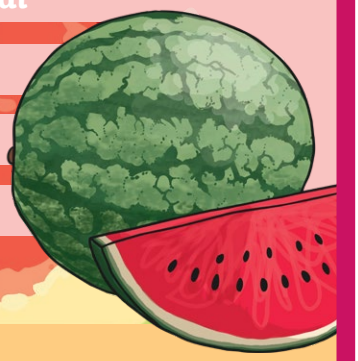
Watermelon

		100g
Energy	31kcal	
Protein	0.5g	
Carbohydrate	7.1g	
Fat	0.3g	



High Wins

Low Wins

Fibre	0.1g
Calcium	7mg
Iron	0.3mg
Fat (saturated)	0.1g
Sugar	7.1g
Salt	2mg

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Pineapple

		100g
Energy	41kcal	
Protein	0.4g	
Carbohydrate	10.1g	
Fat	0.2g	

High Wins

Low Wins

Fibre	1.6g
Calcium	18mg
Iron	0.2mg
Fat (saturated)	0g
Sugar	10.1g
Salt	2mg

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Cucumber

100g

Energy	14kcal
Protein	1g
Carbohydrate	1.2g
Fat	0.6g

High Wins

Low Wins

Fibre	0.7g
Calcium	21mg
Iron	0.3mg
Fat (saturated)	0g
Sugar	1.2g
Salt	4mg

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Chocolate

100g

Energy	519kcal
Protein	7.3g
Carbohydrate	56g
Fat	31.1g

High Wins

Low Wins

Fibre	2.3g
Calcium	226mg
Iron	2.05mg
Fat (saturated)	18.71g
Sugar	56g
Salt	89mg

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Ice Lolly

100g

Energy	81kcal
Protein	0g
Carbohydrate	19.68g
Fat	0.24g

High Wins

Low Wins

Fibre	0g
Calcium	5mg
Iron	0.3mg
Fat (saturated)	0.24g
Sugar	14.57g
Salt	13mg

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Cookies

100g

Energy	471kcal
Protein	5.4g
Carbohydrate	60g
Fat	24.5g

High Wins

Low Wins

Fibre	3g
Calcium	117mg
Iron	2.3mg
Fat (saturated)	12.15g
Sugar	30g
Salt	298mg

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Coleslaw

100g

Energy	173kcal
Protein	0.8g
Carbohydrate	6g
Fat	16.3g

High Wins	Fibre	1.2g
	Calcium	36mg
	Iron	0.25mg
Low Wins	Fat (saturated)	1.65g
	Sugar	6g
	Salt	296mg

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Spaghetti

100g

Energy	72kcal
Protein	2.1g
Carbohydrate	16.2g
Fat	0.3g

High Wins	Fibre	0.9g
	Calcium	13mg
	Iron	0.57mg
Low Wins	Fat (saturated)	0.05g
	Sugar	5.5g
	Salt	190mg

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Noodles

100g

Energy	166kcal
Protein	5.8g
Carbohydrate	35.7g
Fat	1g

High Wins	Fibre	3g
	Calcium	43mg
	Iron	1.11mg
Low Wins	Fat (saturated)	0.15g
	Sugar	0g
	Salt	141mg

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Mushrooms

100g

Energy	7kcal
Protein	1g
Carbohydrate	0.3g
Fat	0.2g

High Wins	Fibre	0.7g
	Calcium	3mg
	Iron	0.21mg
Low Wins	Fat (saturated)	0.04g
	Sugar	0.3g
	Salt	4mg

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Chicken

100g

Energy	177kcal
Protein	27.3g
Carbohydrate	0g
Fat	7.5g

High Wins

Low Wins

Fibre	0g
Calcium	11mg
Iron	0.7mg
Fat (saturated)	2.1g
Sugar	0g
Salt	80mg

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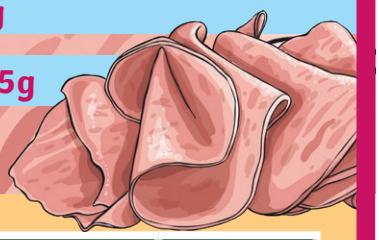
Ham

100g

Energy	138kcal
Protein	17.5g
Carbohydrate	0g
Fat	7.5g



High Wins

Low Wins

Fibre	0g
Calcium	7mg
Iron	0.6mg
Fat (saturated)	2.5g
Sugar	0g
Salt	880mg

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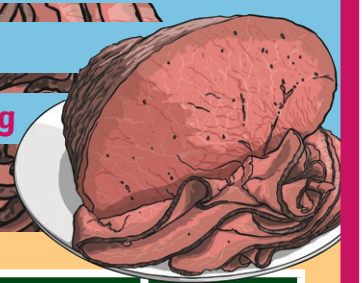
Beef

100g

Energy	533kcal
Protein	15.5g
Carbohydrate	0g
Fat	52.3g



High Wins

Low Wins

Fibre	0g
Calcium	6mg
Iron	1mg
Fat (saturated)	24.3g
Sugar	0g
Salt	35mg

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Lamb

100g

Energy	568kcal
Protein	15.4g
Carbohydrate	0g
Fat	56.3g

High Wins

Low Wins

Fibre	0g
Calcium	11mg
Iron	1.1mg
Fat (saturated)	28.4g
Sugar	0g
Salt	72mg

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