

Pick your lunchbox items

The recommended daily intake of sugar over breakfast, lunch **and** dinner for a 4- to 6-year-old is 19 grams / 5 cubes.

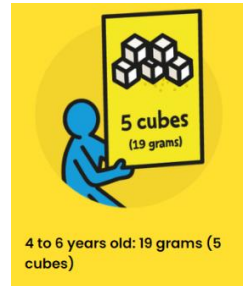
So, let us say your lunch is worth 7.6 gram / 2 cubes.















Choose items below that add up to 6 points.

1 point = Half a cube of sugar

3 points = 1 cube of sugar

6 points = 2 cubes of sugar or more



<p>RICE CAKES 2 pieces</p>  <p>1 POINT</p>	<p>RAISINS 14g box</p>  <p>6 POINTS</p>	<p>BANANA (Whole) 100g</p>  <p>1 POINT</p>	<p>WATER</p>  <p>0 POINTS</p>
<p>FRUIT SWEETS 12g bag</p>  <p>6 POINTS</p>	<p>CUCUMBER STICKS 20g portion</p>  <p>0 POINTS</p>	<p>HOUMOUS AND BREADSTICKS 20g and 4 sticks</p>  <p>1 POINT</p>	<p>JUICE POUCH 330 ML</p>  <p>6 POINTS</p>
<p>CHEESE 16g bag</p>  <p>0 POINTS</p>	<p>ICING BISCUITS 23g bag</p>  <p>6 POINTS</p>	<p>MELBA TOASTS 6 pieces</p>  <p>1 POINT</p>	<p>SQUASH 100ML</p>  <p>1 POINT</p>
<p>YOGHURT LOLLY 25g tube</p>  <p>6 POINTS</p>	<p>ONE HAM SANDWICH (White bread)</p>  <p>3 POINTS</p>	<p>What items have you chosen?</p>	