WEIGH TO GO

If you think this is the *Weigh to Go* call us at the Youth Health Service on **0141 451 2727**
A lot per 100g
- 300kcal
- 22.5g sugar
- 17.5g fat
- 5g saturates
- 1.5g salt
- 3g fibre
(good for you)

A little per 100g
- 100kcal
- 5g sugar
- 3g fat
- 1.5g saturates
- 0.3g salt
- 0.5g fibre

WEIGH TO GO