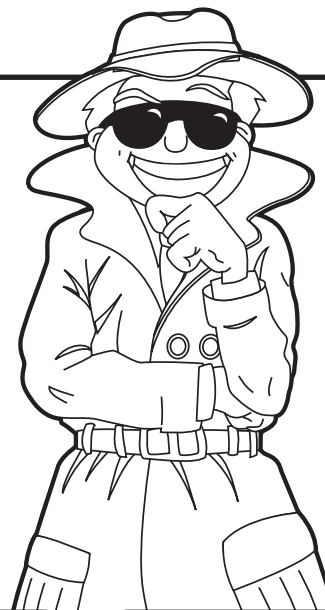


Label Reading

Sir Ving Size sends secret messages to the NF5 about the foods they eat using the labels on packaging. The problem is that Phatty Sweetz has just realised this and printed some fake labels to confuse them. Compare the ingredients list and nutritional information - if you find two that match then you've found the real labels.



NUTRITION INFORMATION (AVERAGE)

Serving Size: 30g

	Per Serve
Energy (kJ)	444
Protein (g)	3.6
Fat, total (g)	0.4
- Saturated fat (g)	0.1
Carbohydrate, total (g)	20
- Sugars (g)	0.8
Dietary Fibre (g)	3.3
Sodium (mg)	84
Potassium (mg)	102

NUTRITION INFORMATION (AVERAGE)

Serving Size: 30g

	Per Serve
Energy (kJ)	446
Protein (g)	3.6
Fat, total (g)	0.4
- Saturated fat (g)	0.1
Carbohydrate, total (g)	20
- Sugars (g)	0.8
Dietary Fibre (g)	7
Sodium (mg)	84
Potassium (mg)	102

NUTRITION INFORMATION (AVERAGE)

Serving Size: 30g

	Per Serve
Energy (kJ)	444
Protein (g)	3.6
Fat, total (g)	0.5
- Saturated fat (g)	0.1
Carbohydrate, total (g)	25
- Sugars (g)	0.8
Dietary Fibre (g)	3.3
Sodium (mg)	84
Potassium (mg)	106

NUTRITION INFORMATION (AVERAGE)

Serving Size: 30g

	Per Serve
Energy (kJ)	444
Protein (g)	3.6
Fat, total (g)	0.4
- Saturated fat (g)	0.1
Carbohydrate, total (g)	20
- Sugars (g)	0.8
Dietary Fibre (g)	3.3
Sodium (mg)	84
Potassium (mg)	102

