



FUN FOODS METER

paddle pop



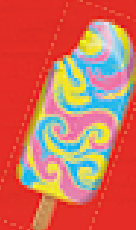
105 kJ
lollipop (12g)



170 kJ
orange
paddle pop (60ml)



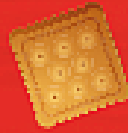
237 kJ
strawberry buzz
paddle pop (60ml)



264 kJ
rainbow
paddle pop



266 kJ
chocolate
paddle pop (60ml)



292 kJ
digestive
biscuit



316 kJ
1 cup
popcorn



398 kJ
tornado exotic
paddle pop (60ml)

460 kJ



501 kJ
chocolate covered
biscuit (24g)



512 kJ
flavoured milk
drink (200ml)



568 kJ
gummy fruit
sweets (40g)



595 kJ
1 can soda



1011 kJ
doughnut (80g)

Reference: National Nutrient Database for Standard Reference, Release 27 Software v2.2.6; The National Agricultural Library