

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
BREAKFASTS													
The Great Wimpy Breakfast	Analysis of meal as served	443	793	330	42.9	41.2	17.2	63.0	29.6	2317	5.9	5.9	Includes toast, butter & jam
	Analysis per 100g	100	179	75	9.7	9.3	3.9	14.2	6.7	523	1.3	1.3	Drink not included
	Percentage of GDA in meal (Men)		32		48	43		19			98		
	Percentage of GDA in meal (Women)		40		57	59		23			98		
Wimpy Breakfast	Analysis of meal as served	301	451	1893	32.0	25.0	10.0	23.3	10.8	1542	3.9	4.8	
	Analysis per 100g	100	150	629	10.6	8.3	3.3	7.7	3.6	512	1.3	1.6	
	Percentage of GDA in meal (Men)		18		36	26		7			65		
	Percentage of GDA in meal (Women)		23		43	36		8			65		
Big Breakfast	Analysis of meal as served	216	404	1698	27.5	26.3	10.4	12.2	4.4	1425	3.6	1.1	
	Analysis per 100g	100	187	786	12.7	12.2	4.8	5.6	2.0	660	1.7	0.5	
	Percentage of GDA in meal (Men)		16		31	28		4			60		
	Percentage of GDA in meal (Women)		20		37	38		4			60		
The Country Breakfast	Analysis of meal as served	265	339	1424	22.6	16.9	6.2	23.3	10.8	1391	3.5	4.8	
	Analysis per 100g	100	128	537	8.5	6.4	2.3	8.8	4.1	525	1.3	1.8	
	Percentage of GDA in meal (Men)		14		25	18		7			58		
	Percentage of GDA in meal (Women)		17		30	24		8			58		
Bacon Breakfast Roll	Analysis of meal as served	144	278	1169	19.1	5.1	1.2	35.5	7.9	1358	3.5	2.2	Figures include tomato ketchup
	Analysis per 100g	100	193	812	13.3	3.5	0.8	24.7	5.5	943	2.4	1.5	Customer option for brown sauce
	Percentage of GDA in meal (Men)		11		21	5		11			58		
	Percentage of GDA in meal (Women)		14		25	7		13			58		
Bacon Breakfast Roll with an Egg	Analysis of meal as served	194	368	1545	25.9	12.1	3.2	35.5	7.9	1438	3.7	2.2	Figures include tomato ketchup
	Analysis per 100g	100	190	796	13.4	6.2	1.6	18.3	4.1	741	1.9	1.1	Customer option for brown sauce
	Percentage of GDA in meal (Men)		15		29	13		11			62		
	Percentage of GDA in meal (Women)		18		35	17		13			62		
Sausage Breakfast Roll	Analysis of meal as served	161	437	1836	18.2	21.5	8.7	42.8	7.7	1204	3.1	2.6	Figures include tomato ketchup
	Analysis per 100g	100	271	1140	11.3	13.4	5.4	26.6	4.8	748	1.9	1.6	Customer option for brown sauce
	Percentage of GDA in meal (Men)		17		20	23		13			52		
	Percentage of GDA in meal (Women)		22		24	31		16			52		
Sausage Breakfast Roll with an Egg	Analysis of meal as served	211	527	2212	25.0	28.4	10.7	42.8	7.7	1284	3.3	2.6	Figures include tomato ketchup
	Analysis per 100g	100	250	1048	11.8	13.5	5.1	20.3	3.6	609	1.6	1.2	Customer option for brown sauce
	Percentage of GDA in meal (Men)		21		28	30		13			55		
	Percentage of GDA in meal (Women)		26		33	41		16			55		
Toast, Butter & Jam	Analysis of meal as served	89	276	1160	6.5	8.3	4.9	46.8	12.4	444	1.1	1.5	2 slices of toast
	Analysis per 100g	100	312	1309	7.3	9.4	5.5	52.8	14.0	501	1.2	1.7	
	Percentage of GDA in meal (Men)		11		7	9		14			18		
	Percentage of GDA in meal (Women)		14		9	12		17			18		
Heinz Baked Beans	Analysis of meal as served	110	83	347	5.2	0.2	0.0	15.0	6.6	550	1.4	4.1	
	Analysis per 100g	100	75	315	4.7	0.2	0.0	13.6	6.0	500	1.3	3.7	
	Percentage of GDA in meal (Men)		3		6	0		5			23		
	Percentage of GDA in meal (Women)		4		7	0		5			23		
	Percentage of GDA in meal (Children)		5		9	0		8			47		

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Hashbrown	Analysis of meal as served	55	93	390	1.2	7.8	2.6	10.8	0.4	154	0.4	1.0	
	Analysis per 100g	100	169	709	2.2	14.2	4.7	19.6	0.7	280	0.7	1.8	
	Percentage of GDA in meal (Men)		4		1	8		3			7		
	Percentage of GDA in meal (Women)		5		2	11		4			7		
	Percentage of GDA in meal (Children)		6		2	13		5			13		
Mushrooms	Analysis of meal as served	114	179	752	2.7	18.5	2.4	0.3	0.1	5	0.0	1.7	
	Analysis per 100g	100	157	659	2.4	16.2	2.1	0.3	0.1	4	0.0	1.5	
	Percentage of GDA in meal (Men)		7		3	19		0			0		
	Percentage of GDA in meal (Women)		9		4	26		0			0		
	Percentage of GDA in meal (Children)		11		5	30		0			0		
ALL DAY BRUNCH (Grills)													
Wimpy All-Day Breakfast	Analysis of meal as served	410	731	3071	34.0	39.7	9.2	59.5	10.6	1973	5.0	8.0	
	Analysis per 100g	100	178	749	8.3	9.7	2.2	14.5	2.6	481	1.2	2.0	
	Percentage of GDA in meal (Men)		29		38	42		18			83		
	Percentage of GDA in meal (Women)		37		45	57		22			83		
	Percentage of GDA in meal (Children)		46		57	64		30			167		
Wimpy Frankfurter Grill	Analysis of meal as served	308	683	2871	27.1	45.2	10.8	44.3	3.8	974	2.5	3.8	
	Analysis per 100g	100	222	932	8.8	14.7	3.5	14.4	1.2	316	0.8	1.2	
	Percentage of GDA in meal (Men)		27		30	48		13			42		
	Percentage of GDA in meal (Women)		34		36	65		16			42		
	Percentage of GDA in meal (Children)		43		45	73		22			83		
Classic Grill	Analysis of meal as served	314	755	3172	35.0	51.0	14.7	44.3	3.8	1129	2.9	3.8	
	Analysis per 100g	100	240	1010	11.1	16.2	4.7	14.1	1.2	360	0.9	1.2	
	Percentage of GDA in meal (Men)		30		39	54		13			48		
	Percentage of GDA in meal (Women)		38		47	73		16			48		
	Percentage of GDA in meal (Children)		47		58	82		22			97		
Classic Bacon Grill	Analysis of meal as served	306	720	3026	36.7	45.3	13.1	44.6	4.0	1579	4.0	3.9	
	Analysis per 100g	100	235	989	12.0	14.8	4.3	14.6	1.3	516	1.3	1.3	
	Percentage of GDA in meal (Men)		29		41	48		14			67		
	Percentage of GDA in meal (Women)		36		49	65		16			67		
	Percentage of GDA in meal (Children)		45		61	73		22			133		
The International Grill	Analysis of meal as served	400	895	3760	51.3	58.8	18.2	44.8	4.3	1781	4.5	4.0	
	Analysis per 100g	100	224	940	12.8	14.7	4.6	11.2	1.1	445	1.1	1.0	
	Percentage of GDA in meal (Men)		36		57	62		14			75		
	Percentage of GDA in meal (Women)		45		68	84		16			75		
	Percentage of GDA in meal (Children)		56		86	95		22			150		
Double Egg and Chips	Analysis of meal as served	214	446	1872	17.0	27.6	6.2	34.8	0.2	183	0.5	3.4	
	Analysis per 100g	100	208	875	7.9	12.9	2.9	16.3	0.1	86	0.2	1.6	
	Percentage of GDA in meal (Men)		18		19	29		11			8		
	Percentage of GDA in meal (Women)		22		23	39		13			8		
	Percentage of GDA in meal (Children)		28		28	45		17			17		
Bacon in a Bun	Analysis of meal as served	105	218	916	13.8	4.6	1.1	28.2	6.0	887	2.3	1.6	
	Analysis per 100g	100	208	872	13.1	4.4	1.0	26.9	5.7	845	2.2	1.5	
	Percentage of GDA in meal (Men)		9		15	5		9			38		
	Percentage of GDA in meal (Women)		11		18	7		10			38		
	Percentage of GDA in meal (Children)		14		23	7		14			77		
Bacon and Egg in a Bun	Analysis of meal as served	155	308	1292	20.6	11.5	3.1	28.2	6.0	967	2.5	1.6	
	Analysis per 100g	100	199	834	13.3	7.4	2.0	18.2	3.9	624	1.6	1.0	
	Percentage of GDA in meal (Men)		12		23	12		9			42		
	Percentage of GDA in meal (Women)		15		27	16		10			42		
	Percentage of GDA in meal (Children)		19		34	19		14			83		

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JACKET POTATOES													
Plain Jacket Potato	Analysis of meal as served	356	492	2068	12.5	7.7	6.5	99.7	4.6	107	0.3	8.7	Extra large jacket potato 311g
with Butter	Analysis per 100g	100	138	582	3.5	2.2	1.8	28.0	1.3	30	0.1	2.4	
	Percentage of GDA in meal (Men)		20		14	8		30			5		
	Percentage of GDA in meal (Women)		25		17	11		36			5		
	Percentage of GDA in meal (Children)		31		21	12		50			10		
Jacket Potato	Analysis of meal as served	481	1012	4252	44.2	51.3	33.6	99.9	4.7	1011	2.6	8.7	Extra large jacket potato 311g
with Grated Cheese	Analysis per 100g	100	211	885	9.2	10.7	7.0	20.8	1.0	210	0.5	1.8	
	Percentage of GDA in meal (Men)		40		49	54		30			43		
	Percentage of GDA in meal (Women)		51		59	73		36			43		
	Percentage of GDA in meal (Children)		63		74	83		50			87		
Jacket Potato	Analysis of meal as served	481	586	2462	18.4	7.9	6.5	116.7	12.1	732	1.9	13.3	Extra large jacket potato 311g
with Baked Beans	Analysis per 100g	100	122	512	3.8	1.6	1.4	24.3	2.5	152	0.4	2.8	
	Percentage of GDA in meal (Men)		23		20	8		35			32		
	Percentage of GDA in meal (Women)		29		25	11		42			32		
	Percentage of GDA in meal (Children)		37		31	13		58			63		
Jacket Potato	Analysis of meal as served	481	815	3423	14.0	40.7	11.4	105.0	9.5	307	0.8	10.4	Extra large jacket potato 311g
with Coleslaw	Analysis per 100g	100	170	712	2.9	8.5	2.4	21.8	2.0	64	0.2	2.2	Retail coleslaw with mayonnaise
	Percentage of GDA in meal (Men)		33		16	43		32			13		
	Percentage of GDA in meal (Women)		41		19	58		38			13		
	Percentage of GDA in meal (Children)		51		23	66		53			27		
Jacket Potato	Analysis of meal as served	481	815	3423	27.8	36.0	8.8	102.5	6.5	976	2.5	8.7	Extra large jacket potato 311g
with Coleslaw	Analysis per 100g	100	170	712	5.8	7.5	1.8	21.3	1.4	203	0.5	1.8	
	Percentage of GDA in meal (Men)		33		31	38		31			42		
	Percentage of GDA in meal (Women)		41		37	51		37			42		
	Percentage of GDA in meal (Children)		51		46	58		51			83		
BAGUETTES													
Big Beef	Analysis of meal as served	240	578	2426	31.7	29.5	10.6	46.2	7.8	891	2.3	2.8	Figures based on white baguette
Baguette	Analysis per 100g	100	241	1011	13.2	12.3	4.4	19.3	3.3	371	1.0	1.2	Hellmann's Light Mayonnaise
	Percentage of GDA in meal (Men)		23		35	31		14			38		
	Percentage of GDA in meal (Women)		29		42	42		17			38		
	Percentage of GDA in meal (Children)		36		53	48		23			77		
Spicy Beanburger	Analysis of meal as served	254	598	2513	15.1	26.7	5.0	74.3	11.9	1472	3.8	6.3	Figures based on white baguette
Baguette	Analysis per 100g	100	235	989	5.9	10.5	2.0	29.3	4.7	580	1.5	2.5	
	Percentage of GDA in meal (Men)		24		17	28		23			63		
	Percentage of GDA in meal (Women)		30		20	38		27			63		
	Percentage of GDA in meal (Children)		37		25	43		37			127		
Hot 'N' Spicy Chicken	Analysis of meal as served	230	523	2197	21.9	22.8	3.2	57.2	7.4	1164	3.0	4.1	Figures based on white baguette
Baguette	Analysis per 100g	100	227	955	9.5	9.9	1.4	24.9	3.2	506	1.3	1.8	Hellmann's Light Mayonnaise
	Percentage of GDA in meal (Men)		21		24	24		17			50		
	Percentage of GDA in meal (Women)		26		29	33		21			50		
	Percentage of GDA in meal (Children)		33		37	37		29			100		
Sausage Sizzler	Analysis of meal as served	193	519	2180	20.8	23.9	9.2	55.2	9.8	1224	3.1	3.2	Figures based on white baguette
Baguette	Analysis per 100g	100	269	1130	10.8	12.4	4.8	28.6	5.1	634	1.6	1.7	
	Percentage of GDA in meal (Men)		21		23	25		17			52		
	Percentage of GDA in meal (Women)		26		28	34		20			52		
	Percentage of GDA in meal (Children)		32		35	39		28			103		
Best BLT	Analysis of meal as served	177	320	1344	17.6	6.9	1.5	44.5	7.2	926	2.4	2.8	Figures based on white baguette
Baguette	Analysis per 100g	100	181	759	9.9	3.9	0.8	25.1	4.1	523	1.4	1.6	
	Percentage of GDA in meal (Men)		13		20	7		13			40		
	Percentage of GDA in meal (Women)		16		23	10		16			40		
	Percentage of GDA in meal (Children)		20		29	11		22			80		

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BAGUETTES (Cont.)													
Big Cheese Baguette	Analysis of meal as served	185	473	1988	21.8	23.2	12.0	44.4	7.0	759	1.9	2.7	Figures based on white baguette
	Analysis per 100g	100	256	1075	11.8	12.5	6.5	24.0	3.8	410	1.0	1.5	
	Percentage of GDA in meal (Men)		19		24	24		13			32		
	Percentage of GDA in meal (Women)		24		29	33		16			32		
	Percentage of GDA in meal (Children)		30		36	37		22			63		
ALTERNATIVE MEALS													
Fish and Chips	Analysis of meal as served	266	519	2178	20.1	28.1	4.9	48.4	4.3	424	1.1	6.4	Includes sachet of tartare sauce
	Analysis per 100g	100	195	819	7.6	10.6	1.8	18.2	1.6	159	0.4	2.4	
	Percentage of GDA in meal (Men)		21		22	30		15			18		
	Percentage of GDA in meal (Women)		26		27	40		18			18		
	Percentage of GDA in meal (Children)		32		34	45		24			37		
Spicy Beanburger	Analysis of meal as served	221	527	2215	14.0	24.3	4.5	64.4	9.0	1398	3.6	8.4	
	Analysis per 100g	100	238	1002	6.3	11.0	2.0	29.1	4.1	633	1.6	3.8	
	Percentage of GDA in meal (Men)		21		16	26		20			60		
	Percentage of GDA in meal (Women)		26		19	35		23			60		
	Percentage of GDA in meal (Children)		33		23	39		32			120		
Veg and Cheese Nuggets with Chips	Analysis of meal as served	234	571	2398	9.2	34.0	11.2	59.5	5.9	722	1.8	5.0	
	Analysis per 100g	100	244	1025	3.9	14.5	4.8	25.4	2.5	309	0.8	2.1	
	Percentage of GDA in meal (Men)		23		10	36		18			30		
	Percentage of GDA in meal (Women)		29		12	49		22			30		
	Percentage of GDA in meal (Children)		36		15	55		30			60		
Quorn in a Bun	Analysis of meal as served	165	380	1596	16.7	18.2	3.0	37.6	5.7	676	1.7	5.8	
	Analysis per 100g	100	230	967	10.1	11.0	1.8	22.8	3.5	410	1.0	3.5	
	Percentage of GDA in meal (Men)		15		19	19		11			28		
	Percentage of GDA in meal (Women)		19		22	26		14			28		
	Percentage of GDA in meal (Children)		24		28	29		19			57		
SALADS													
Gourmet Chicken Salad	Analysis of meal as served	383	254	1065	42.4	4.3	1.1	10.4	5.1	990	2.5	1.7	Figures include toasted croutons
	Analysis per 100g	100	66	278	11.1	1.1	0.3	2.7	1.3	258	0.7	0.4	Excluding salad dressing
	Percentage of GDA in meal (Men)		10		47	5		3			42		
	Percentage of GDA in meal (Women)		13		57	6		4			42		
	Percentage of GDA in meal (Children)		16		71	7		5			83		
Hot 'N' Spicy Chicken Salad	Analysis of meal as served	310	267	1123	15.1	13.2	1.7	22.5	5.3	691	1.8	3.1	Figures include toasted croutons
	Analysis per 100g	100	86	362	4.9	4.3	0.5	7.3	1.7	223	0.6	1.0	Excluding salad dressing
	Percentage of GDA in meal (Men)		11		17	14		7			30		
	Percentage of GDA in meal (Women)		13		20	19		8			30		
	Percentage of GDA in meal (Children)		17		25	21		11			60		
Spicy Beanburger Salad	Analysis of meal as served	320	330	1387	5.7	18.4	1.9	36.0	6.0	761	1.9	5.3	Figures include toasted croutons
	Analysis per 100g	100	103	433	1.8	5.8	0.6	11.3	1.9	238	0.6	1.7	Excluding salad dressing
	Percentage of GDA in meal (Men)		13		6	19		11			32		
	Percentage of GDA in meal (Women)		17		8	26		13			32		
	Percentage of GDA in meal (Children)		21		10	30		18			63		
Fish salad	Analysis of meal as served	320	261	1097	18.6	11.7	2.3	20.9	6.3	321	0.8	4.4	Figures include toasted croutons
	Analysis per 100g	100	82	343	5.8	3.7	0.7	6.5	2.0	100	0.3	1.4	Excluding salad dressing
	Percentage of GDA in meal (Men)		10		21	12		6			13		
	Percentage of GDA in meal (Women)		13		25	17		8			13		
	Percentage of GDA in meal (Children)		16		31	19		10			27		

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BEEF BURGERS													
Quarterpounder	Analysis of meal as served	200	547	2297	30.5	31.1	10.3	37.7	5.2	810	2.1	4.8	
	Analysis per 100g	100	274	1149	15.3	15.6	5.2	18.9	2.6	405	1.1	2.4	
	Percentage of GDA in meal (Men)		22		34	33		11			35		
	Percentage of GDA in meal (Women)		27		41	44		14			35		
	Percentage of GDA in meal (Children)		34		51	50		19			70		
Quarterpounder with Cheese	Analysis of meal as served	214	588	2470	33.0	34.3	12.3	38.4	5.9	998	2.5	4.8	
	Analysis per 100g	100	275	1154	15.4	16.0	5.7	17.9	2.8	466	1.2	2.2	
	Percentage of GDA in meal (Men)		24		37	36		12			42		
	Percentage of GDA in meal (Women)		29		44	49		14			42		
	Percentage of GDA in meal (Children)		37		55	55		19			83		
Halfpounder	Analysis of meal as served	299	852	3577	55.3	53.6	21.3	38.4	5.9	1355	3.5	4.8	
	Analysis per 100g	100	285	1196	18.5	17.9	7.1	12.8	2.0	453	1.2	1.6	
	Percentage of GDA in meal (Men)		34		61	56		12			58		
	Percentage of GDA in meal (Women)		43		74	77		14			58		
	Percentage of GDA in meal (Children)		53		92	86		19			117		
Classic	Analysis of meal as served	159	344	1443	20.4	16.1	6.6	29.2	6.9	594	1.5	1.8	
	Analysis per 100g	100	216	908	12.8	10.1	4.2	18.4	4.3	374	0.9	1.1	
	Percentage of GDA in meal (Men)		14		23	17		9			25		
	Percentage of GDA in meal (Women)		17		27	23		11			25		
	Percentage of GDA in meal (Children)		22		34	26		15			50		
Classic with Cheese	Analysis of meal as served	173	385	1616	22.8	19.3	8.6	29.9	7.6	782	2.0	1.8	
	Analysis per 100g	100	223	934	13.2	11.2	5.0	17.3	4.4	452	1.2	1.0	
	Percentage of GDA in meal (Men)		15		25	20		9			33		
	Percentage of GDA in meal (Women)		19		30	28		11			33		
	Percentage of GDA in meal (Children)		24		38	31		15			67		
Classic Kingsize	Analysis of meal as served	229	558	2346	37.6	32.0	14.5	29.9	7.6	1017	2.6	1.8	
	Analysis per 100g	100	244	1024	16.4	14.0	6.3	13.1	3.3	444	1.1	0.8	
	Percentage of GDA in meal (Men)		22		42	34		9			43		
	Percentage of GDA in meal (Women)		28		50	46		11			43		
	Percentage of GDA in meal (Children)		35		63	52		15			87		
Classic Bacon Cheeseburger	Analysis of meal as served	194	412	1731	27.1	19.9	8.8	30.0	7.7	1047	2.7	1.8	
	Analysis per 100g	100	212	892	14.0	10.3	4.5	15.5	4.0	540	1.4	0.9	
	Percentage of GDA in meal (Men)		16		30	21		9			45		
	Percentage of GDA in meal (Women)		21		36	28		11			45		
	Percentage of GDA in meal (Children)		26		45	32		15			90		
Hamburger	Analysis of meal as served	104	277	1163	14.8	11.5	4.5	28.4	6.0	510	1.3	1.5	
	Analysis per 100g	100	266	1118	14.2	11.1	4.3	27.3	5.8	490	1.3	1.4	
	Percentage of GDA in meal (Men)		11		16	12		9			22		
	Percentage of GDA in meal (Women)		14		20	16		10			22		
	Percentage of GDA in meal (Children)		17		25	19		14			43		
Cheeseburger	Analysis of meal as served	118	318	1336	17.3	14.7	6.5	29.1	6.7	697	1.8	1.5	
	Analysis per 100g	100	269	1132	14.7	12.5	5.5	24.7	5.7	591	1.5	1.3	
	Percentage of GDA in meal (Men)		13		19	15		9			30		
	Percentage of GDA in meal (Women)		16		23	21		11			30		
	Percentage of GDA in meal (Children)		20		29	24		15			60		
Gourmet Burger	Analysis of meal as served	291	674	2831	41.9	32.7	14.3	54.7	12.3	1141	2.9	2.9	Figures based on tomato ketchup
	Analysis per 100g	100	232	973	14.4	11.2	4.9	18.8	4.2	392	1.0	1.0	Sauce is customers choice
	Percentage of GDA in meal (Men)		27		47	34		17			48		
	Percentage of GDA in meal (Women)		34		56	47		20			48		
	Percentage of GDA in meal (Children)		42		70	53		27			97		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
BEEF BURGERS (Cont.)													
Leanburger	Analysis of meal as served	191	316	1326	23.7	12.3	4.4	27.9	4.6	753	1.9	1.7	
	Analysis per 100g	100	165	694	12.4	6.4	2.3	14.6	2.4	394	1.0	0.9	
	Percentage of GDA in meal (Men)		13		26	13		8			32		
	Percentage of GDA in meal (Women)		16		32	18		10			32		
	Percentage of GDA in meal (Children)		20		40	20		14			63		
CHICKEN													
Gourmet Chicken Fillet	Analysis of meal as served	327	514	2160	48.4	13.6	2.4	49.9	7.5	1469	3.7	2.7	
	Analysis per 100g	100	157	661	14.8	4.2	0.7	15.3	2.3	449	1.1	0.8	
	Percentage of GDA in meal (Men)		21		54	14		15			62		
	Percentage of GDA in meal (Women)		26		65	19		18			62		
	Percentage of GDA in meal (Children)		32		81	22		25			123		
Chicken in a Bun	Analysis of meal as served	154	411	1728	17.4	22.4	3.0	33.9	4.5	797	2.0	2.3	
	Analysis per 100g	100	267	1122	11.3	14.5	1.9	22.0	2.9	518	1.3	1.5	
	Percentage of GDA in meal (Men)		16		19	24		10			33		
	Percentage of GDA in meal (Women)		21		23	32		12			33		
	Percentage of GDA in meal (Children)		26		29	36		17			67		
Hot 'N' Spicy Chicken in a Bun	Analysis of meal as served	188	413	1736	18.3	20.5	2.7	39.0	5.0	971	2.5	3.1	
	Analysis per 100g	100	220	923	9.7	10.9	1.4	20.7	2.7	516	1.3	1.6	
	Percentage of GDA in meal (Men)		17		20	22		12			42		
	Percentage of GDA in meal (Women)		21		24	29		14			42		
	Percentage of GDA in meal (Children)		26		31	33		20			83		
Chicken and Bacon Melt	Analysis of meal as served	174	447	1878	24.1	21.7	4.8	36.5	7.0	1267	3.2	2.3	
	Analysis per 100g	100	257	1079	13.9	12.5	2.8	21.0	4.0	728	1.8	1.3	
	Percentage of GDA in meal (Men)		18		27	23		11			53		
	Percentage of GDA in meal (Women)		22		32	31		13			53		
	Percentage of GDA in meal (Children)		28		40	35		18			107		
Chicken Chunks with Chips	Analysis of meal as served	317	714	3001	25.0	41.8	5.0	61.7	1.7	1200	3.1	5.9	
	Analysis per 100g	100	225	947	7.9	13.2	1.6	19.5	0.5	379	1.0	1.9	
	Percentage of GDA in meal (Men)		29		28	44		19			52		
	Percentage of GDA in meal (Women)		36		33	60		22			52		
	Percentage of GDA in meal (Children)		45		42	67		31			103		
PORK													
Frankfurter in a Bun with Chips	Analysis of meal as served	158	389	1635	15.3	21.0	5.3	34.7	6.7	975	2.5	1.9	
	Analysis per 100g	100	246	1035	9.7	13.3	3.4	22.0	4.2	617	1.6	1.2	
	Percentage of GDA in meal (Men)		16		17	22		11			42		
	Percentage of GDA in meal (Women)		19		20	30		13			42		
	Percentage of GDA in meal (Children)		24		26	34		17			83		
Frankfurter in a Bun with Cheese	Analysis of meal as served	172	431	1808	17.8	24.2	7.3	35.4	7.4	1163	3.0	1.9	
	Analysis per 100g	100	251	1051	10.3	14.1	4.2	20.6	4.3	676	1.7	1.1	
	Percentage of GDA in meal (Men)		17		20	25		11			50		
	Percentage of GDA in meal (Women)		22		24	35		13			50		
	Percentage of GDA in meal (Children)		27		30	39		18			100		
Pork Rib	Analysis of meal as served	189	455	1910	24.3	22.0	7.5	39.9	11.8	1112	2.8	2.6	
	Analysis per 100g	100	241	1011	12.9	11.6	4.0	21.1	6.2	588	1.5	1.4	
	Percentage of GDA in meal (Men)		18		27	23		12			47		
	Percentage of GDA in meal (Women)		23		32	31		15			47		
	Percentage of GDA in meal (Children)		28		41	35		20			93		
Hot Dog	Analysis of meal as served	146	412	1731	16.1	21.0	5.3	39.6	6.5	1117	2.8	2.1	
	Analysis per 100g	100	282	1186	11.0	14.4	3.6	27.1	4.5	765	1.9	1.4	
	Percentage of GDA in meal (Men)		16		18	22		12			47		
	Percentage of GDA in meal (Women)		21		21	30		14			47		
	Percentage of GDA in meal (Children)		26		27	34		20			93		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
MEGABITE MENU													
Hamburger	Analysis of meal as served	198	479	2011	17.4	21.1	6.0	56.3	9.4	701	1.8	4.0	Figures include sachet of ketchup
Meal	Analysis per 100g	100	242	1016	8.8	10.7	3.0	28.4	4.7	354	0.9	2.0	Drinks listed separately
	Percentage of GDA in meal (Men)		19		19	22		17			30		
	Percentage of GDA in meal (Women)		24		23	30		20			30		
	Percentage of GDA in meal (Children)		30		29	34		28			60		
Cheeseburger	Analysis of meal as served	211	518	2175	19.7	24.2	7.9	56.9	10.1	879	2.2	4.0	Figures include sachet of ketchup
Meal	Analysis per 100g	100	245	1031	9.3	11.5	3.7	27.0	4.8	417	1.0	1.9	Drinks listed separately
	Percentage of GDA in meal (Men)		21		22	25		17			37		
	Percentage of GDA in meal (Women)		26		26	35		21			37		
	Percentage of GDA in meal (Children)		32		33	39		28			73		
Chicken Chunks	Analysis of meal as served	178	423	1776	13.3	23.6	2.9	40.9	3.7	779	2.0	3.6	Figures include sachet of ketchup
Meal	Analysis per 100g	100	238	998	7.5	13.3	1.6	23.0	2.1	438	1.1	2.0	Drinks listed separately
	Percentage of GDA in meal (Men)		17		15	25		12			33		
	Percentage of GDA in meal (Women)		21		18	34		15			33		
	Percentage of GDA in meal (Children)		26		22	38		20			67		
Veg 'n' Cheese Nuggets	Analysis of meal as served	145	371	1557	5.9	21.7	6.9	39.6	4.1	490	1.3	3.3	Figures include sachet of ketchup
Meal	Analysis per 100g	100	256	1074	4.1	15.0	4.8	27.3	2.8	338	0.9	2.3	Drinks listed separately
	Percentage of GDA in meal (Men)		15		7	23		12			22		
	Percentage of GDA in meal (Women)		19		8	31		14			22		
	Percentage of GDA in meal (Children)		23		10	35		20			43		
Sausage	Analysis of meal as served	174	443	1859	14.4	27.8	9.5	35.5	3.5	831	2.1	3.1	Figures include sachet of ketchup
Meal	Analysis per 100g	100	255	1068	8.3	16.0	5.5	20.4	2.0	478	1.2	1.8	Drinks listed separately
	Percentage of GDA in meal (Men)		18		16	29		11			35		
	Percentage of GDA in meal (Women)		22		19	40		13			35		
	Percentage of GDA in meal (Children)		28		24	45		18			70		
Mini Battered Fish	Analysis of meal as served	154	361	1516	9.1	20.0	2.1	37.8	4.4	371	0.9	2.9	Figures include sachet of ketchup
Meal	Analysis per 100g	100	234	984	5.9	13.0	1.4	24.5	2.9	241	0.6	1.9	Drinks listed separately
	Percentage of GDA in meal (Men)		14		10	21		11			15		
	Percentage of GDA in meal (Women)		18		12	29		14			15		
	Percentage of GDA in meal (Children)		23		15	32		19			30		
SIDE ORDERS													
Chips	Analysis of meal as served	114	267	1120	3.4	13.7	2.2	34.8	0.2	23	0.1	3.4	
Standard Portion	Analysis per 100g	100	234	982	3.0	12.0	1.9	30.5	0.2	20	0.1	3.0	
	Percentage of GDA in meal (Men)		11		4	14		11			2		
	Percentage of GDA in meal (Women)		13		5	20		13			2		
	Percentage of GDA in meal (Children)		17		6	22		17			3		
Chips	Analysis of meal as served	143	333	1400	4.3	17.1	2.7	43.5	0.3	29	0.1	4.3	
Large Portion	Analysis per 100g	100	233	979	3.0	12.0	1.9	30.4	0.2	20	0.1	3.0	
	Percentage of GDA in meal (Men)		13		5	18		13			2		
	Percentage of GDA in meal (Women)		17		6	24		16			2		
	Percentage of GDA in meal (Children)		21		7	28		22			3		
Onion Rings	Analysis of meal as served	90	201	843	2.9	11.6	0.7	21.2	3.0	360	0.9	2.7	
Standard (6)	Analysis per 100g	100	223	937	3.2	12.9	0.8	23.6	3.3	400	1.0	3.0	
	Percentage of GDA in meal (Men)		8		3	12		6			15		
	Percentage of GDA in meal (Women)		10		4	17		8			15		
	Percentage of GDA in meal (Children)		13		5	19		11			30		
Onion Rings	Analysis of meal as served	180	401	1686	5.8	23.2	1.4	42.5	5.9	720	1.8	5.4	
Large (12)	Analysis per 100g	100	223	937	3.2	12.9	0.8	23.6	3.3	400	1.0	3.0	
	Percentage of GDA in meal (Men)		16		6	24		13			30		
	Percentage of GDA in meal (Women)		20		8	33		15			30		
	Percentage of GDA in meal (Children)		25		10	37		21			60		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
SIDE ORDERS (Cont.)													
Side Salad	Analysis of meal as served	155	142	597	1.4	13.4	2.0	4.2	4.1	83	0.2	1.4	
	Analysis per 100g	100	92	385	0.9	8.6	1.3	2.7	2.6	54	0.1	0.9	
	Percentage of GDA in meal (Men)		6		2	14		1			3		
	Percentage of GDA in meal (Women)		7		2	19		2			3		
	Percentage of GDA in meal (Children)		9		2	22		2			7		
DESSERTS													
Treacle Sponge Pudding with Ice Cream	Analysis of meal as served	160	558	2342	6.2	24.3	3.5	78.9	51.6	460	1.2	0.5	
	Analysis per 100g	100	349	1464	3.9	15.2	2.2	49.3	32.3	288	0.8	0.3	
	Percentage of GDA in meal (Men)		22		7	26		24			20		
	Percentage of GDA in meal (Women)		28		8	35		29			20		
	Percentage of GDA in meal (Children)		35		10	39		39			40		
Treacle Sponge Pudding with Cream	Analysis of meal as served	140	533	2240	5.3	24.1	3.7	73.6	46.7	442	1.1	0.5	
	Analysis per 100g	100	381	1600	3.8	17.2	2.6	52.6	33.4	316	0.8	0.4	
	Percentage of GDA in meal (Men)		21		6	25		22			18		
	Percentage of GDA in meal (Women)		27		7	34		27			18		
	Percentage of GDA in meal (Children)		33		9	39		37			37		
Treacle Sponge Pudding with Custard	Analysis of meal as served	280	669	2811	9.6	26.0	6.0	99.2	65.2	592	1.5	0.5	
	Analysis per 100g	100	239	1004	3.4	9.3	2.1	35.4	23.3	211	0.5	0.2	
	Percentage of GDA in meal (Men)		27		11	27		30			25		
	Percentage of GDA in meal (Women)		33		13	37		36			25		
	Percentage of GDA in meal (Children)		42		16	42		50			50		
Spotted Dick with Ice Cream	Analysis of meal as served	160	490	2058	6.7	19.3	6.0	73.7	33.4	564	1.4	0.9	
	Analysis per 100g	100	306	1286	4.2	12.1	3.8	46.1	20.9	353	0.9	0.6	
	Percentage of GDA in meal (Men)		20		7	20		22			23		
	Percentage of GDA in meal (Women)		25		9	28		27			23		
	Percentage of GDA in meal (Children)		31		11	31		37			47		
Spotted Dick with Cream	Analysis of meal as served	140	466	1956	5.8	19.2	6.2	68.4	28.5	546	1.4	0.9	
	Analysis per 100g	100	333	1397	4.1	13.7	4.4	48.9	20.4	390	1.0	0.6	
	Percentage of GDA in meal (Men)		19		6	20		21			23		
	Percentage of GDA in meal (Women)		23		8	27		25			23		
	Percentage of GDA in meal (Children)		29		10	31		34			47		
Spotted Dick with Custard	Analysis of meal as served	280	602	2528	10.1	21.0	8.5	94.0	47.0	696	1.8	0.9	
	Analysis per 100g	100	215	903	3.6	7.5	3.0	33.6	16.8	249	0.6	0.3	
	Percentage of GDA in meal (Men)		24		11	22		28			30		
	Percentage of GDA in meal (Women)		30		13	30		34			30		
	Percentage of GDA in meal (Children)		38		17	34		47			60		
Chocolate Fudge Cake with Ice Cream	Analysis of meal as served	115	340	1426	4.3	6.0	2.6	67.4	54.7	188	0.5	0.4	
	Analysis per 100g	100	296	1240	3.7	5.2	2.3	58.6	47.6	163	0.4	0.3	
	Percentage of GDA in meal (Men)		14		5	6		20			8		
	Percentage of GDA in meal (Women)		17		6	9		25			8		
	Percentage of GDA in meal (Children)		21		7	10		34			17		
Chocolate Fudge Cake with Cream	Analysis of meal as served	95	315	1325	3.4	5.9	2.8	62.2	49.8	170	0.4	0.4	
	Analysis per 100g	100	332	1395	3.6	6.2	2.9	65.5	52.4	179	0.4	0.4	
	Percentage of GDA in meal (Men)		13		4	6		19			7		
	Percentage of GDA in meal (Women)		16		5	8		23			7		
	Percentage of GDA in meal (Children)		20		6	10		31			13		
Apple Pie with Ice Cream	Analysis of meal as served	194	483	2028	6.2	25.2	8.7	61.5	25.3	335	0.9	2.8	
	Analysis per 100g	100	249	1045	3.2	13.0	4.5	31.7	13.0	173	0.5	1.4	
	Percentage of GDA in meal (Men)		19		7	27		19			15		
	Percentage of GDA in meal (Women)		24		8	36		22			15		
	Percentage of GDA in meal (Children)		30		10	41		31			30		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
DESSERTS (Cont.)													
Apple Pie with Cream	Analysis of meal as served	174	459	1926	5.3	25.1	8.9	56.3	20.4	317	0.8	2.8	
	Analysis per 100g	100	264	1107	3.0	14.4	5.1	32.4	11.7	182	0.5	1.6	
	Percentage of GDA in meal (Men)		18		6	26		17			13		
	Percentage of GDA in meal (Women)		23		7	36		20			13		
	Percentage of GDA in meal (Children)		29		9	40		28			27		
ICE CREAMS													
Knickerbockerglory with Soft Ice Cream	Analysis of meal as served	136	196	825	3.7	6.0	3.1	34.1	25.9	65	0.2	0.5	
	Analysis per 100g	100	144	607	2.7	4.4	2.3	25.1	19.0	48	0.1	0.4	
	Percentage of GDA in meal (Men)		8		4	6		10			3		
	Percentage of GDA in meal (Women)		10		5	9		12			3		
	Percentage of GDA in meal (Children)		12		6	10		17			7		
Knickerbockerglory with Dairy Ice Cream	Analysis of meal as served	194	387	1626	4.9	15.2	9.3	58.8	50.2	81	0.2	0.6	
	Analysis per 100g	100	199	838	2.5	7.8	4.8	30.3	25.9	42	0.1	0.3	
	Percentage of GDA in meal (Men)		15		5	16		18			3		
	Percentage of GDA in meal (Women)		19		7	22		21			3		
	Percentage of GDA in meal (Children)		24		8	25		29			7		
Brown Derby with Soft Ice Cream	Analysis of meal as served	138	397	1669	7.0	19.7	6.5	48.6	27.4	327	0.8	1.9	
	Analysis per 100g	100	288	1209	5.1	14.3	4.7	35.2	19.9	237	0.6	1.4	
	Percentage of GDA in meal (Men)		16		8	21		15			13		
	Percentage of GDA in meal (Women)		20		9	28		18			13		
	Percentage of GDA in meal (Children)		25		12	32		24			27		
Brown Derby with Dairy Ice Cream	Analysis of meal as served	125	399	1676	6.7	20.8	7.4	46.1	25.0	318	0.8	1.9	
	Analysis per 100g	100	319	1341	5.4	16.6	5.9	36.9	20.0	254	0.6	1.5	
	Percentage of GDA in meal (Men)		16		7	22		14			13		
	Percentage of GDA in meal (Women)		20		9	30		17			13		
	Percentage of GDA in meal (Children)		25		11	34		23			27		
Banana Longboat with Soft Ice Cream	Analysis of meal as served	209	260	1090	4.8	6.0	3.1	49.9	40.3	55	0.1	1.4	
	Analysis per 100g	100	124	522	2.3	2.9	1.5	23.9	19.3	26	0.0	0.7	
	Percentage of GDA in meal (Men)		10		5	6		15			2		
	Percentage of GDA in meal (Women)		13		6	9		18			2		
	Percentage of GDA in meal (Children)		16		8	10		25			3		
Banana Longboat with Dairy Ice Cream	Analysis of meal as served	199	284	1193	4.7	9.1	5.4	47.7	38.1	48	0.1	1.4	
	Analysis per 100g	100	143	599	2.4	4.6	2.7	24.0	19.1	24	0.1	0.7	
	Percentage of GDA in meal (Men)		11		5	10		14			2		
	Percentage of GDA in meal (Women)		14		6	13		17			2		
	Percentage of GDA in meal (Children)		18		8	15		24			3		
Strawberry Sundae with Soft Ice Cream	Analysis of meal as served	78	123	516	2.3	3.3	1.6	22.2	14.2	44	0.1	0.2	
	Analysis per 100g	100	158	662	2.9	4.2	2.1	28.5	18.2	56	0.1	0.3	
	Percentage of GDA in meal (Men)		5		3	3		7			2		
	Percentage of GDA in meal (Women)		6		3	5		8			2		
	Percentage of GDA in meal (Children)		8		4	5		11			3		
Triple Strawberry Sundae with Dairy Ice Cream	Analysis of meal as served	170	394	1655	5.8	17.7	9.4	53.7	43.7	79	0.2	0.8	
	Analysis per 100g	100	232	974	3.4	10.4	5.5	31.6	25.7	46	0.1	0.5	
	Percentage of GDA in meal (Men)		16		6	19		16			3		
	Percentage of GDA in meal (Women)		20		8	25		20			3		
	Percentage of GDA in meal (Children)		25		10	29		27			7		
Mint Choc Sundae	Analysis of meal as served	113	325	1363	4.6	15.6	9.7	41.4	36.1	70	0.2	0.4	
	Analysis per 100g	100	288	1206	4.1	13.8	8.6	36.6	31.9	62	0.2	0.4	
	Percentage of GDA in meal (Men)		13		5	16		13			3		
	Percentage of GDA in meal (Women)		16		6	22		15			3		
	Percentage of GDA in meal (Children)		20		8	25		21			7		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
ICE CREAMS (Cont.)													
Neopolitan Sundae	Analysis of meal as served	135	330	1387	5.6	13.9	8.7	44.5	36.9	82	0.2	0.3	
	Analysis per 100g	100	244	1027	4.1	10.3	6.4	33.0	27.3	61	0.1	0.2	
	Percentage of GDA in meal (Men)		13		6	15		13			3		
	Percentage of GDA in meal (Women)		17		7	20		16			3		
	Percentage of GDA in meal (Children)		21		9	22		22			7		
Ice Mountain	Analysis of meal as served	230	532	2236	9.0	27.2	15.4	63.7	54.8	105	0.3	0.9	
	Analysis per 100g	100	231	972	3.9	11.8	6.7	27.7	23.8	46	0.1	0.4	
	Percentage of GDA in meal (Men)		21		10	29		19			5		
	Percentage of GDA in meal (Women)		27		12	39		23			5		
	Percentage of GDA in meal (Children)		33		15	44		32			10		
Ice Cream Portion	Analysis of meal as served	50	87	365	2.2	3.0	1.5	13.9	7.7	33	0.1	0.0	
Soft Ice Cream	Analysis per 100g	100	176	737	4.4	6.1	3.0	28.1	15.6	67	0.2	0.0	
	Percentage of GDA in meal (Men)		3		2	3		4			2		
	Percentage of GDA in meal (Women)		4		3	4		5			2		
	Percentage of GDA in meal (Children)		5		4	5		7			3		
Ice Cream Portion	Analysis of meal as served	67	150	629	3.1	7.8	4.7	16.9	10.5	43	0.1	0.0	
Dairy Ice Cream	Analysis per 100g	100	224	939	4.6	11.6	7.0	25.2	15.7	64	0.1	0.0	
Vanilla	Percentage of GDA in meal (Men)		6		3	8		5			2		
	Percentage of GDA in meal (Women)		8		4	11		6			2		
	Percentage of GDA in meal (Children)		9		5	13		8			3		
Ice Cream Portion	Analysis of meal as served	67	148	622	2.7	6.4	3.8	19.8	13.3	43	0.1	0.0	
Dairy Ice Cream	Analysis per 100g	100	221	928	4.0	9.6	5.7	29.6	19.9	64	0.1	0.0	
Strawberry	Percentage of GDA in meal (Men)		6		3	7		6			2		
	Percentage of GDA in meal (Women)		7		4	9		7			2		
	Percentage of GDA in meal (Children)		9		5	10		10			3		
Ice Cream Portion	Analysis of meal as served	67	177	745	4.7	7.1	4.3	21.5	15.0	43	0.1	0.0	
Dairy Ice Cream	Analysis per 100g	100	264	1112	7.0	10.6	6.4	32.1	22.4	64	0.1	0.0	
Chocolate	Percentage of GDA in meal (Men)		7		5	7		7			2		
	Percentage of GDA in meal (Women)		9		6	10		8			2		
	Percentage of GDA in meal (Children)		11		8	11		11			3		
Ice Cream Portion	Analysis of meal as served	67	187	783	2.7	13.0	7.9	16.7	10.3	43	0.1	0.0	
Dairy Ice Cream	Analysis per 100g	100	279	1169	4.0	19.4	11.8	24.9	15.4	64	0.1	0.0	
Mint Choc Chip	Percentage of GDA in meal (Men)		7		3	14		5			2		
	Percentage of GDA in meal (Women)		9		4	19		6			2		
	Percentage of GDA in meal (Children)		12		5	21		8			3		
PASTRIES													
Teacake	Analysis of meal as served	62	237	996	5.0	9.0	5.1	34.9	10.2	334	0.9	1.6	
with Butter	Analysis per 100g	100	385	1617	8.1	14.6	8.3	56.7	16.6	542	1.5	2.6	
	Percentage of GDA in meal (Men)		9		6	9		11			15		
	Percentage of GDA in meal (Women)		12		7	13		13			15		
	Percentage of GDA in meal (Children)		15		8	15		17			30		
Cookie	Analysis of meal as served	70	311	1305	4.8	10.5	6.0	48.7	30.8	259	0.7	1.0	
Milk Chocolate	Analysis per 100g	100	444	1864	6.9	15.0	8.6	69.6	44.0	370	0.9	1.4	
	Percentage of GDA in meal (Men)		12		5	11		15			11		
	Percentage of GDA in meal (Women)		16		6	15		18			11		
	Percentage of GDA in meal (Children)		19		8	17		24			22		
Cookie	Analysis of meal as served	80	383	1609	8.4	17.4	9.7	48.2	35.5	292	0.7	0.8	
White Chocolate	Analysis per 100g	100	479	2011	10.5	21.8	12.1	60.3	44.4	365	0.9	1.0	
	Percentage of GDA in meal (Men)		15		9	18		15			12		
	Percentage of GDA in meal (Women)		19		11	25		18			12		
	Percentage of GDA in meal (Children)		24		14	28		24			25		

NUTRITIONAL ANALYSIS of WIMPY MEALS

Meal Description	Nutritional Breakdown	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Sat's (g)	Carb's (g)	Sugar (g)	Sodium (mg)	Salt (g)	Fibre (g)	Notes
PASTRIES (Cont.)													
Cookie	Analysis of meal as served	80	377	1583	6.3	17.4	10.5	48.7	28.7	328	0.8	1.8	
Triple Chocolate	Analysis per 100g	100	471	1979	7.9	21.8	13.1	60.9	35.9	410	1.1	2.3	
	Percentage of GDA in meal (Men)		15		7	18		15			14		
	Percentage of GDA in meal (Women)		19		8	25		18			14		
	Percentage of GDA in meal (Children)		24		11	28		24			28		
Delice de France	Analysis of meal as served	115	496	2082	7.1	25.4	N/A	59.7	N/A	N/A	N/A	N/A	
Belgian Waffle	Analysis per 100g	100	431	1810	6.2	22.1		51.9					
	Percentage of GDA in meal (Men)		20		8	27		18					
	Percentage of GDA in meal (Women)		25		9	36		22					
	Percentage of GDA in meal (Children)		31		12	41		30					
Delice de France	Analysis of meal as served	70	347	1458	3.0	21.1	11.3	36.8	28.7	70	0.2	0.6	
Caramel Shortbread	Analysis per 100g	100	496	2083	4.3	30.1	16.1	52.6	41.0	100	0.3	0.9	
	Percentage of GDA in meal (Men)		14		3	22		11			3		
	Percentage of GDA in meal (Women)		17		4	30		13			3		
	Percentage of GDA in meal (Children)		22		5	34		18			7		
Delice de France	Analysis of meal as served	53	160	672	2.9	7.7	3.1	20.2	7.4	156	0.4	1.0	Average of 4 pastries
Mini Mixed Pastries	Analysis per 100g	100	302	1267	5.5	14.5	5.8	38.1	14.0	295	0.8	1.9	
	Percentage of GDA in meal (Men)		6		3	8		6			7		
	Percentage of GDA in meal (Women)		8		4	11		7			7		
	Percentage of GDA in meal (Children)		10		5	12		10			13		
Delice de France	Analysis of meal as served	108	473	1987	5.9	26.6	5.4	53.7	35.9	270	0.7	0.8	
Giant Choc Chunk Muffin	Analysis per 100g	100	438	1840	5.5	24.6	5.0	49.7	33.2	250	0.6	0.7	
	Percentage of GDA in meal (Men)		19		7	28		16			12		
	Percentage of GDA in meal (Women)		24		8	38		20			12		
	Percentage of GDA in meal (Children)		30		10	43		27			23		
Delice de France	Analysis of meal as served	108	470	1973	6.4	25.6	5.6	52.8	37.0	108	0.3	1.8	
Giant Bluberry Muffin	Analysis per 100g	100	435	1827	5.9	23.7	5.2	48.9	34.3	100	0.3	1.7	
	Percentage of GDA in meal (Men)		19		7	27		16			5		
	Percentage of GDA in meal (Women)		24		9	37		19			5		
	Percentage of GDA in meal (Children)		29		11	41		26			10		
Delice de France	Analysis of meal as served	95	371	1556	4.2	24.1	10.7	34.2	13.6	266	0.7	1.5	
Danish Pastries	Analysis per 100g	100	391	1638	4.4	25.4	11.3	36.0	14.3	280	0.7	1.6	
Apple Crown	Percentage of GDA in meal (Men)		15		5	25		10			12		
	Percentage of GDA in meal (Women)		19		6	34		12			12		
	Percentage of GDA in meal (Children)		23		7	39		17			23		
Delice de France	Analysis of meal as served	95	394	1656	4.8	25.7	10.6	36.0	12.7	342	0.9	1.6	
Danish Pastries	Analysis per 100g	100	415	1743	5.1	27.1	11.2	37.9	13.4	360	0.9	1.7	
Vanilla Flavour Crown	Percentage of GDA in meal (Men)		16		5	27		11			15		
	Percentage of GDA in meal (Women)		20		6	37		13			15		
	Percentage of GDA in meal (Children)		25		8	41		18			30		
Delice de France	Analysis of meal as served	80	408	1714	3.9	28.2	10.8	34.6	13.0	232	0.6	1.2	
Danish Pastries	Analysis per 100g	100	510	2143	4.9	35.3	13.5	43.3	16.3	290	0.8	1.5	
Cinnamon Whirl	Percentage of GDA in meal (Men)		16		4	30		10			10		
	Percentage of GDA in meal (Women)		20		5	40		13			10		
	Percentage of GDA in meal (Children)		26		7	45		17			20		
Delice de France	Analysis of meal as served	75	363	1525	2.6	19.8	9.8	43.3	29.5	150	0.4	0.6	
Caramel Slice	Analysis per 100g	100	484	2033	3.5	26.4	13.1	57.7	39.3	200	0.5	0.8	
	Percentage of GDA in meal (Men)		15		3	21		13			7		
	Percentage of GDA in meal (Women)		18		3	28		16			7		
	Percentage of GDA in meal (Children)		23		4	32		22			13		