

## CHOCOLATE



**FAT (g)** 30.7

**SUGAR (g)** 56.9

**SALT (mg)** 90

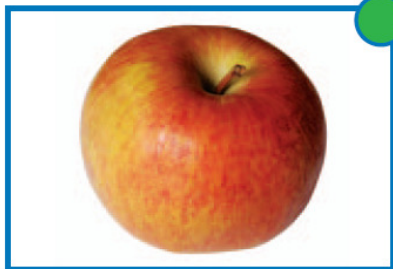
**PROTEIN (g)** 7.7

**FIBRE (g)** 0.8

**CALORIES (kcal)** 520

The average British family spends more on chocolate in a year than a cocoa farmer earns in a year.

## APPLE



**FAT (g)** 0.1

**SUGAR (g)** 11.8

**SALT (mg)** 3

**PROTEIN (g)** 0.4

**FIBRE (g)** 1.8

**CALORIES (kcal)** 47

One variety of apple can be kept for up to two years and still be eaten.