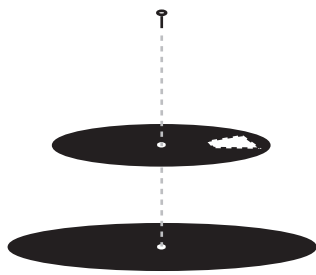# Make your own food wheels

- Cut out both circles and the area marked in the smaller circle

- Put the small circle on top of the larger circle and line up the two centre holes.

- Carefully thread a paper fastener through both holes.

You now have a food wheel!

Cut out this area

ROWETT
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Improving food quality & preventing disease

What's in food?

Milk semi-skimmed
(100g = 1 glass)

Energy   195kJ
Salt   1.1g
Calcium   122mg
Protein   3.3g
CHO   4.7g
Fat   1.7g
Vit.C   1mg

Baked beans
(100g)

Energy   355kJ
Salt   1.32g
Calcium   53mg
Protein   5.2g
CHO   15.3g
Fat   0.6g
Vit.C   trace

Medium Banana
(peeled, 100g)

Energy   403kJ
Salt   trace
Calcium   6mg
Protein   1.2g
CHO   23.2g
Fat   0.3g
Vit.C   11mg

Chipper chips
(100g)

Energy   1174kJ
Salt   0.08g (0.77*)g
Calcium   14mg
Protein   3.3g
CHO   34g
Fat   15.5g
Vit.C   4mg

Medium orange
(100g=2/3 peeled orange)

Energy   158kJ
Salt   0.01g
Calcium   47mg
Protein   1.1g
CHO   8.5g
Fat   0.1g
Vit.C   54mg

Wholemeal bread
(100g) 1 slice = 30g

Energy   882kJ
Salt   1.1g
Calcium   186mg
Protein   7.9g
CHO   42.1g
Fat   2g
Vit.C   -

Frozen Peas Boiled
(100g)

Energy   291kJ
Salt   10.23*]g
Calcium   35mg
Protein   6g
CHO   9.7g
Fat   0.9g
Vit.C   12mg

Milk Chocolate
(100g=10 squares)

Energy   2177kJ
Salt   0.21g
Calcium   220mg
Protein   7.7g
CHO   56.9g
Fat   30.7g
Vit.C   -

Chicken
(2 slices roast breast, 100g)

Energy   645kJ
Salt   0.2g
Calcium   11mg
Protein   30.2g
CHO   -
Fat   3.6g
Vit.C   -