### Table B.3. Values of nutrients per 100 g (100 ml) of food (beverage).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group | Sugar (g) | Saturated Fat (g) | Sodium (mg) | Energy (kcal) |
| 1 Starch\* | 1.62 | 0.49 | 61.48 | 380.66 |
| 2 Bread | 5.75 | 0.81 | 504.38 | 268.07 |
| 3 Cereal\* | 21.55 | 1.95 | 213.61 | 379.44 |
| 4 Unprocessed meat | 0.08 | 2.86 | 94.71 | 154.52 |
| 5 Proc. meat\* | 1.02 | 5.85 | 936.21 | 212.42 |
| 6 Milk | 4.65 | 0.93 | 58.62 | 44.70 |
| 7 Dairy desserts | 12.39 | 1.03 | 54.02 | 83.31 |
| 8 Cheese\* | 1.12 | 15.78 | 668.45 | 324.84 |
| 9 Fruits | 10.19 | 0.05 | 1.41 | 59.05 |
| 10 Vegetables | 2.14 | 0.23 | 17.18 | 52.70 |
| 11 Legumes & proc. FVs | 7.27 | 0.93 | 168.85 | 250.08 |
| 12 Sweets\* | 35.99 | 7.57 | 70.16 | 297.89 |
| 13 Snacks\* | 23.61 | 6.63 | 276.91 | 428.14 |
| 14 Unsweetened drinks | 0.00 | 0.00 | 1.94 | 0.69 |
| 15 Sweetened drinks | 8.00 | 0.00 | 12.66 | 33.25 |
| 16 Fats & oils\* | 0.17 | 27.89 | 253.91 | 774.48 |
| 17 Sugar & sweeteners | 90.03 | 0.00 | 6.33 | 385.28 |
| 18 Other goods & services | 11.40 | 1.33 | 2597.67 | 145.34 |

*Note:* \* denotes categories with at least one pre-policies unit nutrient above the policy threshold (i.e., heavily targeted food).