

Calculate the calories of the following foods, based on the calorific value of their nutrients (information can be obtained from the 4th slide in the PPT).

Milk (100ml):



Energy and nutrients	Per serving (100 ml)
Calories (Kcal/KJ) Kcal
Fat (of which) saturated	1,5 g 1 g
Carbohydrates (of which) sugars	4,8 g 4,8 g
Protein	3,5 g
Salt	0,11 g
Calcium	130 mg
Vitamin B12	0.50 mg

Breakfast cereals (1 small bowl 30 gr):



Energy and nutrients	Per serving (30 gr)
Calories (Kcal/KJ) Kcal
Fat (of which) saturated	0,42 g 0,15 g
Carbohydrates (of which) sugars	22,8 g 3,54 g
Protein	2,76 g
Salt	0,342 g
Fibre	2,25 g

Croissant with praline filling (1 piece / 80gr):



Energy and nutrients	Per serving (80 gr)
Calories (Kcal/KJ) Kcal
Fat (of which) saturated	22,4 g 11,2 g
Carbohydrates (of which) sugars	33,6 g 15,2 g
Protein	5,6 g
Salt	0,4 g

Crisps (100 gr):



Energy and nutrients	Per serving (100 gr)
Calories (Kcal/KJ) Kcal
Fat (of which) saturated	34,1 g 4,8 g
Carbohydrates (of which) sugars	48,3 g 0,6 g
Protein	6,3 g
Salt	1,7 g

Fresh-squeezed orange juice (100 ml):



Energy and nutrients	Per serving (100 ml)
Calories (Kcal/KJ) Kcal
Fat (of which) saturated	0 g 0 g
Carbohydrates (of which) sugars	11,3 g 11,3 g
Protein	0,2 g
Salt	0 g
Vitamin C	30 mg