

## Examples of Key Findings:

McC= McCafé, GJ= Gloria Jean's, CC= The Coffee Club, MB= Muffin Break

			Energy	% DI energy	Sat fat	% DI Sat fat	Sugar	% DI sugar	No. of teaspoons of sugar
Snacks, cakes and slices	MB	Coconut chocolate slice	4070	47	35.6	148	62.7	70	16
	MB	Double choc cookie jumbo (200g)	3800	44	20.6	86	53	59	13
	CC	Mudcake meltdown (315g)	3737	43	30	125	83	92	21
	MB	Chocolate mousse cake (197g)	3560	41	37.3	155	42.4	47	11
	McC	Individual Cookies & Cream Cheesecake (130g)	2610	30	30.9	129	27	30	7
	McC	Banana Bread (190g)	2570	30	4.8	20	49.8	55	12
	McC	Blueberry muffin (165g)	2430	28	14	58	41.6	46	10
	MB	Banana Bread (128g)	1700	20	4.8	20	30.3	34	8
	MB	Apple berry low fat muffin (145g)	1350	16	0.8	3	29.5	33	7

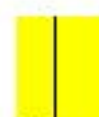
### Examples from September 2015



≥100% daily allowance



50-99% daily allowance



25-49% daily allowance