John Hunter Children's Hospital
CHILDREN, YOUNG PEOPLE AND FAMILIES

<10g FAT / SERVE		10- <20g FAT/ SERVE	≥20g FAT / SERVE	
<5g	5- <10g	10- <20g	20- <30g	30-40g

<5g column:

Serve fruit/vegetables **0g fat**

½ cup Lentils / legumes **<1g fat**

1 serve grain foods **<2g fat**

Tub low fat yoghurt / 1 cup light milk **2g fat**

1tsp margarine/ oil **3g fat**

1 medium scoop ice cream **5g fat**

5- <10g column:

1 **large egg 5 g fat**

1Tbs Nutella **6g fat**

Meat and salad sandwich/wrap 1 sushi roll **7g fat**

Muesli bar / 2 biscuits **7g fat**

¼ medium avocado **8g fat**

2 slices low fat cheese / 1 cup full cream milk **9g fat**

10- <20g column:

1 cup meat + vegetable stir fry **11g fat**

medium chicken schnitzel or lean burger patty **14g fat**

1.5 Tbs peanut butter / ¼ cup unroasted nuts **15g fat**

100g cooked salmon **15g fat**

2 cocktail frankfurts / 1 sausage **16g fat**

2 egg omelette with cheese **17g fat**

20- <30g column:

2 tacos / regular burrito **20g**

300g Lasagne **20g fat**

150g bucket hot chips **20g fat**

1 medium lamb chop, untrimmed **25g fat**

Single serve pie / sausage roll **25g fat**

1 slice cake / medium muffin **28g fat**

30-40g column:

Slice/ individual quiche **33g fat**

Large meat and cheese burger **30g fat**

~ 300g creamy based pasta or curry meal **30g fat**

3 slices pizza, classic crust **30g fat**

Caesar salad (bacon, egg, creamy dressing) **35g fat**

Fish & Chips **40g fat**