

	2 Jane's chicken strips, breaded	1/3 cup cooked rice	1/4 cup frozen mixed vegetables	TOTAL
Fat (g)	9.33	0.23	0.07	9.63
Trans Fat (g)	0.00	0.00	0.00	0.00
Saturated Fat (g)	1.00	0.05	0.02	1.06
Sodium (mg)	420.00	1.33	16.75	438.08
Fibre (g)	1.33	0.57	1.40	3.30
Protein (g)	7.33	1.79	1.38	10.50

ASSUMPTIONS

- (i) The rice used is white, long-grain, par-boiled.
- (ii) No salt or fat are added while cooking the rice.
- (iii) No salt or fat are added to the mixed vegetables.

Sell Most	Sell Less	Not Permitted for Sale
≤10	≤15	>15
0.00	0.00	0.00
≤5	≤7	>7
≤960	≤960	>960
≥2	≥2	<2
≥10	≥7	<7