

	1 scrambled egg	1 slice Dempster's WW Texas Toast	1 tsp butter	1/3 cup baked cubed potatoes	TOTAL	Sell Most	Sell Less	Not Permitted for Sale
Fat (g)	5	1.50	3.5	0.0429	10.0429	≤10	≤15	>15
Trans Fat (g)	0.05	0.00	0.05	0	0.1	0.00	0.00	0.00
Saturated Fat (g)	1.5	0.50	1	0.01122	3.01122	≤5	≤7	>7
Sodium (mg)	55	240.00	30	13.98	338.98	≤960	≤960	>960
Fibre (g)	0	2.00	0	0.924	2.924	≥2	≥2	<2
Protein (g)	6	5.00	0	0.8349	11.8349	≥10	≥7	<7

ASSUMPTIONS

- (i) The TOTAL amount of butter used (for frying the egg and on the toast) is 1 tsp.
- (ii) The type of butter used is "I can't believe it's not butter".
- (iii) There is no added salt on the egg or on the potatoes (there is plenty of room to add salt, but calculations have not taken this into account).
- (iv) The potatoes are peeled.
- (v) Although the menu includes sweet potatoes, the amount provided is so low that the nutritional information will not be affected.