

	1 Dempster's WW wrap, large	3 tbsp extra lean ground beef	2 tbsp cooked rice	1 tbsp cheddar cheese	2 oz salsa	TOTAL	Sell Most	Sell Less	Not Permitted for Sale
Fat (g)	5.00	2.37	0.08	2.37	0.11	9.93	≤10	≤15	>15
Trans Fat (g)	0.00	0.08	0.00	0.00	0.00	0.08	0.00	0.00	0.00
Saturated Fat (g)	1.00	0.98	0.02	1.51	0.02	3.53	≤5	≤7	>7
Sodium (mg)	400.00	20.25	0.30	44.55	394.20	859.30	≤960	≤960	>960
Fibre (g)	4.00	0.00	0.21	0.00	1.08	5.29	≥2	≥2	<2
Protein (g)	6.00	7.17	0.65	1.78	1.01	16.61	≥10	≥7	<7

ASSUMPTIONS

- (i) Extra lean ground beef is used (if lean ground beef is used, total fat is too high).
- (ii) No salt or fat are added while frying the beef.
- (iii) The rice used is white, long-grain, par-boiled.
- (iv) No salt or fat are added while cooking the rice.
- (v) No sour cream is given to the children.