



## Group Four:

### Instructions:

- Discuss the pros and cons of your group's breakfast suggestion with your group (approx. 5 mins)
- Consider whether this breakfast would set you up for a healthy and productive working day
- Questions during the breakout time? Call for me to come and visit your group
- Nominate a spokesperson to feedback your ideas to the main group later

## COFFEE & A CROISSANT

(You decide whether you take your coffee with sugar / milk / cream / non-dairy alternative or add jam or other toppings to your croissant)



# Nutritional Information:



## Coffee

### Nutrition Facts

**Serving Size:**

1 cup (8 fl oz) (237g)  
Coffee

**Amount Per Serving**

**Calories 2.4**

**% Daily Value\***

<b>Total Fat</b> 0.1g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 4.7mg	<b>0%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 0.3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 116mg	2%
<b>Caffeine</b> 94.8mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Croissant

A croissant is a buttery flaky viennoiserie bread roll named for its well known crescent shape. Croissants and other viennoiserie are made of a layered yeast-leavened dough.

Wikipedia



**Nutrition Facts**

Croissants, butter

**Amount Per 100 grams**

**Calories 406**

**% Daily Value\***

<b>Total fat</b> 21 g	<b>32%</b>
Saturated fat 12 g	60%
Polyunsaturated fat 1.1 g	
Monounsaturated fat 6 g	
<b>Cholesterol</b> 67 mg	22%
<b>Sodium</b> 467 mg	19%
<b>Potassium</b> 118 mg	3%
<b>Total Carbohydrate</b> 46 g	15%
Dietary fiber 2.6 g	10%
Sugar 11 g	
<b>Protein</b> 8 g	16%
Vitamin A 14%	Vitamin C 0%
Calcium 3%	Iron 11%
Vitamin B-6 5%	Vitamin B-12 3%
Magnesium 4%	

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.