

# It may be a snack, but it's also a quarter of your daily kJ intake.

Raisin toast is a better option.



Watch out for sugary hot drinks too.

**Takeaway chains must display the kJ content of food and drinks.**

Find out your healthy daily kJ intake at [www.health.act.gov.au/kilojoules](http://www.health.act.gov.au/kilojoules)



**ACT**  
Government