

Nutritional facts	Avocado 100g	Low fat yogurt 100g	Croissant 100g
Calories	190	250	360
Total Fat	19.5g	3g	20.3g
of which is saturated	4.1g	2g	6.5g
Cholesterol	0	10mg	75mg
Sodium	6 mg	142mg	208mg
Total Carbohydrate	1.9g	47g	38.3g
Dietary fibre (Englyst method)	3.4g	0	1g
Sugars	0	47g	1.6g
Protein	1.9g	11g	8.3g