

Sometimes we just need a little something sweet! This great resource allows you to incorporate a little treat into your diet. Simply substitute one of the following options in place of a snack. Each option has between 100-150 calories. Enjoy!

<u>Sweet Treats</u>	
<u>Biscuits</u>	
Aero® biscuit mini bar	1
Boasters® Chocolate and Hazelnut	1
Digestives® Light	2
Fruit Shortcakes®	4
Fox's® Dark Chocolate Chunkie Cookies	1
Fox's® Chocolate Caramel Shortcake	1
Fox's® Ambers Original Biscuits	2
Ginger Nuts®	3
Jaffa Cakes®	3
Jammie Dodgers®	2
Kelloggs Frosties® Snack Bar	1
McVities® Penguin	1
Oreo Cookies®	2
Oreo Cookie® & 150ml of Skimmed Milk	1
Pink Panther Wafers®	2
Rich Tea®	4
Wagon Wheel® - Original	½ Wheel
<u>Chocolate</u>	
Cadburys® Bourneville®	4 pieces
Cadburys® Dairy Milk® Whole Nut	5 pieces
Cadburys® Dairy Milk® Fruit and Nut	5 pieces
Cadburys® Green and Blacks® Butterscotch Chocolate	6 squares
Cadburys® Kit Kat	2 fingers
Cadburys® Milky Way - Fun Size	2
Cadburys® Mini rolls®	1
Cadbury® Dairy Milk® Freddo	1
Cadburys® Curly Wurly	1
Kinder® Mini Treats	1
Nestle® Milky Bar Buttons	1 pack
Nestle® Aero Chocolate Mousse	1 pot
Tootsie Roll®	1 Bar (63.8g)
Toblerone® Tinys	3

<u>Drinks</u>	
Frijj® Chocolate Milkshake	1 Bottle (471ml)
Hot Chocolate: 1 Serving of Options Belgian Chocolate + 200ml of Skimmed Milk	1 Serving + 200ml
Mars® Milkshake	250ml
<u>Ice Cream</u>	
Areo® Bubble Ball	1
Cornetto® Mix Mini Green Ice Cream-Stracciatella	1 Stick
Cornetto® Mix Mini Green Ice Cream-Strawberry	1 Stick
Cornetto® Mix Mini Green Ice Cream-Hazelnut	1 Stick
Del Monte® Raspberry Iced Smoothie	1 Stick
Del Monte® Mango Iced Smoothie	1 Stick
Milk Choc Ice	1
Fab® Ice Lolly	1 Stick
Kelly's of Cornwall® Ice Cream	125ml
Mars® Mini Ice Cream	1
Nestle® Milky Bar Mini Ice Cream	1 Stick
Robinson's® Fruit Shoot Ice Lollies	1 Stick
Rowntrees® Fruit Pastilles Lollies	1 Stick
R Whites® Premium Lemonade Ice Lollies	1 Stick
Sainsbury's® Raspberry Sorbet	100ml
Sainsbury's® Mango Sorbet	100ml
Skinny Cow® Triple Chocolate Brownie	1 Stick
Skinny Cow® Mint Double Chocolate	1 Stick
Skinny Cow® Caramel Shortcake	1 Stick
Swedish® Glace Soya Ice Cream- Vanilla	50g
Swedish® Glace Soya Ice Cream- Raspberry	50g
Swedish® Glace Soya Ice Cream- Chocolate	50g
Swedish® Glace Soya Ice Cream- Blueberry	50g
Vimto® Fruit Flavour Ices	1 Stick
Walls® Vanilla light	200ml
Walls® Carte D'or® Lavazza	150ml
Walls® Carte D'or® Amaretto	100ml
Walls® Carte D'or® Strawberry	150ml
Walls® Carte D'or® Dulce De Leche	100ml
Walls® Carte D'or® Vanilla Light	200ml
Walls® Classic Cornish	200ml

Walls® Soft Scoop Neapolitan	100ml
Walls® Soft Scoop Mint Choc Chip	100ml
Walls® Solero® Explosion	1
Walls® Vienetta® Slice	100ml
Walls® Mini Calippo	1
Walls® Mini Twister	1
Walls® Mini Milk - Vanilla	2 Sticks
Walls® Mini Milk - Chocolate	2 Sticks
Walls® Mini Milk - Strawberry	2 Sticks
Yoo Moo® Frozen Yogurt- Strawbmoo	125ml
Yoo Moo® Frozen Yogurt- Vanillamoo	125ml
Yoo Moo® Frozen Yogurt- Cherrychocmoo	125ml
<u>Yogurt & Pudding</u>	
Activia® Intensely Creamy Pot	1
Activia® Creamy Coconut	120g
Activia® Aero® Mint Chocolate Mousse	125g
Activia® Ambrosia Rice Pudding Pot	125g
Activia® Cartmel Village Shop's Summer Fruit Pudding	1
Alpro® Chocolate Soya Dessert	1 Pot (125g)
Alpro® Dark Chocolate Soya Dessert	1 Pot (125g)
Alpro® Caramel Soya Dessert	1 Pot (125g)
Tesco® Everyday Value Chocolate Mousse	1 Pot
Mullerlight® Greek Coconut and Vanilla	120g
Mullerlight® Banana and Custard	175g
Mullerlight® Creamy Coconut	120g
Mullerlight® Dessert Frivolous Fudge	100g
Mullerlight® Mischievous Milk Chocolate	100g
Mullerlight® Wickedly White Chocolate Dessert	100g
Mullerlight® Vanilla, Dark Chocolate or Black Cherry	165g
Mullerlight® Coconut Sprinkled with Dark Chocolate	165g

We realize, that not all of us have a sweet tooth! Sometimes a preferred treat is something savory! Simply substitute one of the following options in place of a snack. Each option has between 100-150 calories.

<u>Savory Treats</u>	
Food Doctor® Crisp Thins Sea Salted	1 Pack

Hula Hoops® Original	1 Pack
Jacobs® Twiglets Snacks	1 25g Pack
Kettle Chips® Lightly Salted	20g
Kettle Chips® Sea Salt & Balsamic Vinegar	20g
Kettle Chips® Smoky Barbecue	20g
Kiddylicious® Sweet Potato Crisps	2 x 14g Pack
Penn State® Sour Cream & Chive Pretzels	30g
Pom Bear® Original Potato Snacks	1 19g Pack
Sensations® Thai Sweet Chilli Crips	20g
Sensations® Lime/Coriander Chutney Poppadoms	20g
Sensations® Oven Roast Chicken & Thyme	20g
Sensations® Vintage Cheddar Red Onion Chutney	20g
Sensations® Sweet Cinnamon & Salt Popcorn	25g
Snack A Jacks® Salt & Vinegar	1 Pack
Snack A Jacks® Sour Cream & Chive	1 Pack
Snack A Jacks® Sweet Chilli	1 Pack
Space Raiders® Pickled Onion Snacks	2 Packs
Space Raiders® Beef Snacks	2 Packs
Tyrrells® Crisps Sweet & Salty Popcorn	20g
Tyrrells® Crisps Sour Cream & Jalapeno Popcorn	20g
Tyrrells® Pop Corn Lightly Sea Salted	20g
Walkers® Frazzles Bacon Snacks	1 Pack
Walkers® Monster Munch Roast Beef Snacks	1 Pack
Walkers® Monster Munch Pickled Onion Snacks	1 Pack
Walkers® Pops Sour Cream & Onion	1 Pack
Walkers® Pops Prawn Cocktail	1 Pack
Walkers® Sunbites Lightly Salted	1 Pack
Walkers® Sunbites Sour Cream & Black Pepper	1 Pack
Walkers® Sunbites Oven Roasted Onion & Rosemary	1 Pack
Walkers® Wotsits Cheese Snacks	1 Pack