

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 about 100-150 calories. Enjoy!

Aeroplane®

Ready to Eat Lime Jelly
Ready to Eat Raspberry Jelly

Ambrosia®

Jelly Puds Raspberry Flavour with Devon Custard
Jelly Puds Strawberry Flavour with Devon Custard
Jelly Puds Blackcurrant Flavour with Devon Custard
Fruit Puds Cherry Flavour
Fruit Puds Strawberry Flavour
Fruit Puds Tropical Fruit Flavour

Aunt Betty's®

Vanilla Creamy Rice 98% Fat free (100 gram tin)
Chocolate Creamy Rice 98% Fat Free (100 gram tin)

Cadbury

Dairy Milk Buttons (25g)
Cashew Block (25g)
Dark Bubbly Block(25g)

Foster Clark's®

Chocolate Custard Cup
Vanilla Custard Cup

Frûche

Vanilla Bean (150 g)
Strawberry Fields (150 g)
Tropical Mango (150 g)
Vanilla Bean with a Berry Layer (150 g)
Citrus Cheesecake (150 g)
Vanilla Bean (125 g)
Mango Passion (125 g)
Strawberry Fields (125 g)

Lindt

85% Dark Chocolate (25g)

Unilever Streets Splice

Fruit Bar (1 bar)

Nestle®

Diet™ Lemon Cheesecake
Diet™ Chocolate Mousse
Diet™ Crème Caramel
Diet™ Tropical Cheesecake
Skinny Cow™ Vanilla Chocolate Stick
Skinny Cow™ English Toffee Stick
Skinny Cow™ Vanilla Chocolate Sundae Cup
Skinny Cow™ English Toffee Sundae Cup
Skinny Cow™ Double Chocolate Sundae Cup
Skinny Cow™ Chocolate Mint Sundae
Skinny Cow™ Strawberry Sundae
Skinny Cow™ Vanilla Caramel Sundae
Skinny Cow™ Vanilla Ice Cream Cookie
Skinny Cow™ Coffee Ice Cream Cookie
Skinny Cow™ Caramel Ice Cream Cookie

White Wings®

Chunkies® Choc Chunk (2 biscuits)
Chunkies® Triple Choc Chunk (2 biscuits)
Chunkies® White Choc and Macadamia (2 biscuits)
Chunkies® Macadamia (2 biscuits)
Chunkies® Minis Choc Chip (1 mini pack)
Chunkies® Minis Triple Choc Chip (1 mini pack)
Creamies® Raspberry Jam and Whipped Cream (1 biscuit)
Creamies® Lemon and Whipped Cream (1 biscuit)
Creamies® Whipped Passionfruit Cream (1 biscuit)
Creamies® Whipped Chocolate Cream (1 biscuit)
Splits® Homestyle Buttery (1 biscuit)
Splits® Choc Flake (1 biscuit)