

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!

Ice Cream

- 1 Mini Tip Top™ Jelly Tip
- Frozen Yoghurt Sandwich – Spread 120 gm Tip Top® Frozen Yoghurt on 2 Nairn's Oat Biscuits

Yoghurt & Pudding

- 150g CalciYum™: Wicked Chocolate, Original Chocolate or Caramel
- 150g CalciYum™: Tripalicious, Strawberry or Neapolitan
- Small Meringue Nest (20g) w/ 50g Low Fat Yoghurt and ¼ Cup Berries
- Aunt Bettys Creamy Vanilla Rice Tin (100g)
- Aunt Bettys Creamy Chocolate Rice Tin (100g)
- 1 Yoplait® Yoghurt: Standard, Elivaé, Vigueur

Marshmallow

- 5 Pascall® Marshmallows

Chocolate

- 2 Squares *Lindt* Excellence Intense Mint Dark Noir Chocolate

Sweet Breads

- 1 slice Tip Top™ Spicy Fruit Loaf with 1 tsp Reduced Fat Spread

Fruit

- 1 Dole® Fruit & Rice Cup
- ¼ Greggs® Mousse & Fruit:
 - Chocolate Smooth + ½ c. Raspberries
 - Rich Chocolate + ½ c. Raspberries
 - Golden Butterscotch + 1 Apple (small)
 - Strawberry Swirl + ½ c. Blueberries
 - Vanilla Crème + 5 Strawberries (large)