

This great resource provides easy, portioned dessert options. To add a dessert to your plan, simply substitute one of the following options in place of a snack. Each option has approximately 100 calories. Enjoy!

BISCUITS & RUSKS

Bakers®

- Toppers (2 pieces)
- Mini Cheddars (33 g)
- Jambos (4 biscuits)

Ouma®

- Breakfast Rusk (35 g)

Romany Creams®

- Romany Creams (2 biscuits)

Tuc Mini

- Tuc Mini Pack (6 biscuits)
- Breakfast Rusk (35 g)

Woolworths®

- Wholegrain Rice Crackers (2 pieces)
- Romany Creams (2 biscuits)

DESSERTS & YOGHURT

Checker's®

- Simply Great Jelly & Custard (130 g)

Marcel's®

- Frozen Yoghurt (175 ml)

Woolworths®

- Chocolate Delight (100 ml)
- Crème Caramel (100 ml)
- Frozen Yoghurt (125 ml)
- Jelly and Custard (100 ml)

FRUIT & CEREAL BARS

Oatsli®

- Cereal Bar (1 bar)

Pick n Pay

- Cereal Bar(1 bar)

Simply® Cereal

- Cereal Bar (1 bar)

Woolworths®

- Slimmers Choice Fruit Bar (2 bars)

ICE CREAMS

Jive®

- Ice Cream (75 g)

Magnum®

- Magnum Minis (1 piece)

SWEETS & CHOCOLATES

Bar One®

- Mini Bite (1 mini)

Canderel®

- Canderel Bar

Jungle

- Mini Energy Bar (2 minis)

Milkybar®

Mini Bite (2 minis)