

Between meal snacks

- Fruit – apples, pears, grapes, fruit salad (2-3 times/day!)
- Small packet of raisins, sultanas, dates, apricots
- Low fat yoghurts, corner yoghurts
- Rice pudding pots, custard pots
- Scones or pancakes - plain or with a little jam or Nutella
- Cereal and milk
- Toast, bagels, toasted muffins, toasted waffles or crumpets with jam/honey or low fat spreading cheese/peanut butter
- Fig rolls, Garibaldi biscuits, Jaffa cakes
- Cereal bars e.g. Nutrigrain, Eat Natural, NakD, Special K, oat bars
- Malt loaf, banana bread, gingerbread, fruit muffins, flapjacks
- Fruit smoothies
- Milk or low fat milkshake
- Small packet of jelly sweets e.g Haribos, jelly beans, fruit pastilles(2-3 times/week!)

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