





Database of Prepackaged Snacks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Grains									
Snacks to Choose in Moderation		BESTbuy Malkist Crackers	Wheat Flour, Palm Oil, Sugar, Malt Extract, Salt, Maltose, Yeast, Raising Agent (E500(ii)).	19.4	88.5	16.3	5.1	463	2.2
Snacks to Choose in Moderation		BOURBON GOKOKU BISCUIT	WHEAT FLOUR (CEREALS CONTAINING GLUTEN) , VEGETABLE OIL (SESAME, PALM, COCONUT) , SUGAR, MILK SYRUP, WHEAT CUTICLE (CEREALS CONTAINING GLUTEN) , BLACK SOYBEAN POWDER (SOYBEAN PRODUCT) , SALT, SESAME PASTE, BROWN RICE, SHORTENING (PALM OIL, RICE) , SESAME, RAISING AGENTS (E503 (ii) , E500(ii)) , BARLEY POWDER (CEREALS CONTAINING GLUTEN) , YEAST, FOXTAIL MILLET POWDER, MILLET POWDER, YEAST EXTRACT POWDER, EMULSIFIER (E322(SOYBEAN PRODUCT)) , FLAVOUR&FLAVOURING, ENZYME, YEAST FOOD (WHEAT PRODUCT) , VIMTAIN E, VITAMIN C.	17.6	77.4	15.2	11.9	568	4.9
Snacks to Choose in Moderation		BOURBON TENNEN KOBO NATURAL YEAST CRACKERS	WHEAT FLOUR (CEREALS CONTAINING GLUTEN) , VEGETABLE OIL (PALM, COCONUT) , NATURAL YEAST (CONTAINS EGG, GLUTEN & SOYBEAN) , MALT EXTRACT (CEREALS CONTAINING GLUTEN) , SALT, UNCALCINED EGG SHELL CALCIUM, YEAST EXTRACT POWDER, ENZYME, VITAMIN E.	18.4	79.3	11.8	0.2	536	2.7
Snacks to Choose in Moderation		Carman's Fruit Muesli Bites	Whole Grain Oats 44%, Glucose, Dried Fruit 11% (Sultanas [Sultanas, Vegetable Oil], Currants), Seeds 8%(Sunflower seeds, Sesame seeds), Sunflower Oil, Honey, Oat Flour, Cinnamon, Natural Vanilla Flavour. CONTAINS: OATS, GLUTEN AND SESAME SEEDS. MAY BE PRESENT: PEANUTS, OTHER TREE NUTS, MILK PRODUCT AND SOY.	20	84	16.6	17.0	9	7.8
Snacks to Choose in Moderation		Four Seas Seaweed Crackers	Wheat Flour, Palm Oil, Vegetable Shortening, Stabilizer(Calcium Carbonate), Raising Agent(Sodium Hydrogen Carbonate), Salt, (Malt Extract, Malt Powder)(Cereals Containing Gluten), Yeast, Seaweed, Flour Treatment Agents(Papain, Xylanase)	16.7	70.1	9.4	1.1	553	--
Snacks to Choose in Moderation		Four Seas Sesame Crackers	Wheat Flour, Palm Oil, Vegetable Shortening, Sesame, Stabilizer(Calcium Carbonate), Raising Agent(Sodium Hydrogen Carbonate), Salt, (Malt Extract, Malt Powder)(Cereals Containing Gluten), Yeast, Flour Treatment Agents(Papain, Xylanase)	16.6	69.2	9.2	0.9	518	--
Snacks to Choose in Moderation		Four Seas Thousand Island Salad Flavour Crackers	Wheat Flour, Palm Oil, Vegetable Shortening, Artificial Flavour(Salad Flavour)(Contains Milk and Egg), Stabilizer(Calcium Carbonate), Raising Agent(Sodium Hydrogen Carbonate), Salt, (Malt Extract, Malt Powder)(Cereals Containing Gluten), Yeast, Flour Treatment Agents(Papain, Xylanase)	16.6	69	8.8	2.8	560	--
Snacks to Choose in Moderation		Go ahead! Yogurt Breaks Forest Fruit Biscuits	Wheat flour, Forest fruit (24%) (Sultanas, Currants, Blackberry puree, Raspberry puree, Red currant puree, Strawberry puree), Sugar, Vegetable oil (Palm, Sunflower, Shea, Sal, Mango), Stabilizer (E965), Whey solids, Oat fibre, Maltodextrin, Yogurt (1%) (Milk, Streptococcus thermophilus, Lactobacillus bulgaricus), Humectant (E422), Anticaking agent [170(i)], Emulsifiers (E322, E472e), Rice flour, Milk, Wheat bran, Glucose syrup, Natural flavouring, Salt, Raising agents (E500, E450, E503), Acidity regulators(E330, E331, E327), Lactose, Citrus fibre, Gelling agent(E440). Contains Milk, Soy, Cereals containing gluten, Mango and their products. May contains Eggs, Tree nuts and their products.	17.8	71	10.2	34.9	180	3.4

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Snacks to Choose in Moderation		Go ahead! Yogurt Breaks Red Cherry Biscuits	Wheat flour, Sultanas, Sugar, Vegetable oil (Palm, Sunflower, Shea, Sal, Mango), Currants, Stabilizer (E965), Whey solids, Oat fibre, Maltodextrin, Yogurt(1%)(Milk, Streptococcus thermophilus, Lactobacillus bulgaricus), Humectant(E422), Anticaking agent [170(i)], Emulsifiers (E322,E472e), Wheat bran, Rice flour, Milk, Glucose syrup, Natural flavouring, Salt, Raising agents(E500, E450,E503), Red cherry concentrate (0.2%), Gelling agent(E440), Acidity regulators (E330, E296, E331, E333), Lactose, Citrus fibre. Contains Milk, Soy, Cereals containing gluten, Mango and their products. May contains Eggs, Tree nuts and their products.	17.8	71	10.3	35.2	180	3.4
Snacks to Choose in Moderation		Go ahead! Yogurt Breaks Strawberry Biscuits	Wheat flour, Sultanas, Sugar, Vegetable oil (Palm, Sunflower, Shea, Sal, Mango), Currants, Stabilizer (E965), Whey solids, Oat fibre, Maltodextrin, Yogurt (1%)(Milk, Streptococcus thermophilus, Lactobacillus bulgaricus), Humectant (E422), Anticaking agent [170(i)],Emulsifiers (E322,E472e), Wheat bran, Rice flour, Milk, Glucose syrup, Natural flavouring, Salt, Raising agents (E500, E450, E503), Gelling agent (E440), Acidity regulators (E330,E331), Lactose, Strawberry puree (0.1%), Citrus fibre. Contains Milk, Soy, Cereals containing gluten, Mango and their products. May contains Eggs, Tree nurts and their products.	17.8	72	10.3	35.2	180	3.4
Snacks to Choose in Moderation		Jordans Frusli Bars - Blueberry 6's chewy cereal bars	British Wholegrain Oat Flakes (33%), Fruit Pieces (Blueberry Infused Diced Cranberries (12%), (Sugar, Cranberries (2%), Blueberry Juice (1%), Grape Juice Concentrate (0.5%)), Raisins (7%), Fruit Puree Pieces (2%), (Concentrated Apple Puree (1%), Apple Juice Concentrate (1%), Concentrated Blueberry Puree (0.1%), Cirtus Fibre, Concentrates (Blueberry (0.1%), Carrot), Gelling Agent (Pectin), Natural Flavouring), Dried Sweetened Blueberries (2%) (Blueberries (1%), Sugar)), Glucose Syrup, Wholegrain Oat Flour, Sugar, Honey, Vegetable Oil, (Rapeseed Oil, Palm Oil), Rice Flour, Natural Flavouring, Chopped Almonds. Contains: Oats, Almonds (tree nuts.) May contain traces of Gluten Sources. Other Nuts.	30	116	6.9	28.6	12	4.4
Snacks to Choose in Moderation		MADE GOOD Apple Cinnamon Granola Bars	Oats*, agave nectar*, brown rice syrup*, apples*, raisins*, sunflower oil*, crisp brown rice*, inulin*, molasses*, cinnamon*, vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), agar*. *Organic.	24	100	8.3	25.0	42	13
Snacks to Choose in Moderation		MADE GOOD Chocolate Chip Granola Bars	Oats*, agave nectar*, chocolate chips* (cane sugar*, cocoa mass*, cocoa butter*, vanilla*), brown rice syrup*, crisp brown rice*, sunflower oil*, inulin*, molasses*, vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), natural flavour*, agar*. *Organic.	24	100	12.5	25.0	42	8.3
Snacks to Choose in Moderation		Meadows OAT SALTINES	WHEAT FLOUR, PALM OIL, OAT CHIPS, SALT, CALCIUM CARBONATE, RAISING AGENT (E500(ii)), YEAST. [THIS PRODUCT CONTAINS GLUTEN(WHEAT & OAT).]	20	93	21.2	0.7	470	3
Snacks to Choose in Moderation		Meadows ORIGINAL SALTINES	WHEAT FLOUR, PALM OIL, SALT, CALCIUM CARBONATE, RAISING AGENT(E500(ii)), YEAST. [THIS PRODUCT CONTAINS GLUTEN(WHEAT).]	20	91	19.3	1.0	508	3.1











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Snacks to Choose in Moderation		Meadows SEASAME SALTINES	WHEAT FLOUR, PALM OIL, SALT, CALCIUM CARBONATE, RAISING AGENT(E500(ii)), YEAST. [THIS PRODUCT CONTAINS GLUTEN(WHEAT).]	20	94	21.9	0.8	481	3.1
Snacks to Choose in Moderation		Meadows SEAWEED SALTINES	WHEAT FLOUR, PALM OIL, SALT, SEAWEED, CALCIUM CARBONATE, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN, MALT EXTRACT, GLUCOSE, PEPPER, GARLIC POWDER, FLAVOUR ENHANCERS (E621, E635), ANTICAKING AGENT (E551)], RAISING AGENT (E500(ii)), YEAST. [THIS PRODUCT CONTAINS GLUTEN (WHEAT) AND SOYBEAN PRODUCTS.]	20	92	21.1	1.9	521	3.1
Snacks to Choose in Moderation		Meadows SPRING ONION SALTINES	WHEAT FLOUR, PALM OIL, SPRING ONION, SALT, CALCIUM CARBONATE, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN, MALT EXTRACT, GLUCOSE, PEPPER, GARLIC POWDER, FLAVOUR ENHANCERS (E621, E635), ANTICAKING AGENT (E551)], GARLIC POWDER, RAISING AGENT (E500(ii)), YEAST. [THIS PRODUCT CONTAINS GLUTEN(WHEAT) AND SOYBEAN PRODUCTS.]	20	91	20.0	1.5	573	3.2
Snacks to Choose in Moderation		Nestle Finesse Breakfast Cereal Bar Chocolate	Cereal Grains [Whole Grain Wheat (25.6%), Rice, Whole Grain Oat (8.7%), Corn Semolina], Chocolate [Sugar, Cocoa Mass, Skimmed Milk Powder, Cocoa Butter, Whey Powder, Emulsifiers (E322, E476), Natural Flavouring], Glucose Syrup, Sugar, Invert Sugar Syrup, Barley Malt Extract [Barley, Malt Barley], Humectant (E422), Sunflower Oil, Minerals (Calcium Carbonate, Ferric Pyrophosphate, Reduced Iron), Salt, Emulsifiers [E322, Monoglycerides], Fat-Reduced Cocoa Powder, Cocoa Powder, Natural Flavouring, Vitamins (B3, B5, B6, Folic Acid, B2), Tocopherols. Allergen information: Contains cereals containing gluten, soyabean and milk products. May contain traces of tree nuts.	23.5	85	8.1	25.1	264	6.8
Snacks to Choose in Moderation		NESTLE HONEY STARS Breakfast Cereal	Cereals Grains [Whole Grain Wheat Flour (37.2%), Corn Semolina], Sugar, Glucose Syrup, Honey (2.8%), Palm Oil, Minerals (Calcium Carbonate, Reduced Iron), Iodized Salt (Sodium Chloride, Potassium Iodate), Flavourings (Vanillin, Honey Graham), Antioxidant (Tocopherols Concentrate, Mixed E306), Vitamins (B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid), Colour (β - Carotenes E160a). Allergen information: Contains cereals containing gluten and soyabean products. May contain traces of tree nuts and milk products.	20	75	2.5	28.0	35	5.5
Snacks to Choose in Moderation		NESTLE KOKO KRUNCH Breakfast Cereal	Cereal Grains [Whole Grain Wheat Flour (36.8%), Wheat Flour, Corn Semolina], Sugar, Fat-Reduced Cocoa Powder, Barley Malt Extract (Malted Barley, Tapioca Starch), Minerals (Calcium Carbonate, Reduced Iron), Non-Hydrogenated Palm Oil, Iodized Salt (Sodium Chloride, Potassium Iodate), Emulsifier (Soya Lecithin E322), Flavouring (Vanillin), Antioxidant (Mixed Tocopherols Concentrate E306), Vitamins (B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid) Allergen Information: Contains cereals containing gluten and soyabean products. May contain traces of tree nuts and milk products.	25	91	2.8	27.2	152	7.6
Snacks to Choose in Moderation		NESTLE MILO Breakfast Cereal	Cereal Grains [Whole Grain Wheat Flour (35.2%), Wheat Flour, Corn Semolina], Sugar, Malt Extract (Malted Barley, Tapioca Starch), Fat-Reduced Cocoa Powder, Minerals (Calcium Carbonate, Reduced Iron), Non-Hydrogenated Palm Oil, Skimmed Milk Powder, Iodized Salt (Sodium Chloride, Potassium Iodate), Emulsifier (Soya Lecithin E322), Flavourings (Chocolate and Vanillin), Antioxidant (Mixed Tocopherols Concentrate E306), Vitamins (B3/Nicotinamide/ B5/Calcium Pantothenate, B6, B2, B9/Folic Acid). Allergen Information: Contains cereals containing gluten, milk and soyabean products. May contain traces of tree nuts.	25	90	3.2	24.8	160	7.2

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Snacks to Choose in Moderation		Pacific Saltine Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E319)), Whole Milk Powder, Whole Wheat Flour (0.9%), Salt (Contains 3.5% Sea Salt), Calcium Carbonate, Fresh Yeast (0.48%), Raising Agent (Sodium Bicarbonate (E500(ii))), Yeast Extract, Barley Malt Extract, Flavours, Ferric Sodium EDTA Trihydrate, Emulsifier (Sodium Stearoyl Lactylate (E481(i))). Food additives are oil plant and synthetic origins. Allergen Information: Contains Milk, Wheat, Gluten from sources other than wheat. Manufactured on equipment that also processes products containing Egg and Sesame Seed.	25	119	20.0	1.2	480	2.3
Snacks to Choose in Moderation		Pacific Sesame Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E319)), Sesame (1.44%), Whole Wheat Flour (0.9%), Salt, Calcium Carbonate, Fresh Yeast (0.35%), Raising Agent (Sodium Bicarbonate (E500(ii))), Barley Malt Extract, Yeast Extract, Ferric Sodium EDTA Trihydrate, Flavours, Emulsifier (Sodium Stearoyl Lactylate (E481(i))). Food additives are of plant and synthetic origins. Allergen Information: Contains Sesame Seed, Wheat, Gluten from sources other than wheat.	25	119	19.7	0.8	481	2.5
Snacks to Choose in Moderation		Pacific Spring Onion Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E3169)), Onion Powder, Calcium Carbonate, Spring Onion (1%), Whole Wheat Flour (0.9%), Salt, Raising Agent (Sodium Bicarbonate (E500(ii))), Flavours, Fresh Yeast (0.23%), Barley Malt Extract, Yeast Extract, Ferric Sodium EDTA Trihydrate, Emulsifier (Sodium Stearoyl Lactylate (E481(i))). Food additives are of plant and synthetic origins. Allergen Information: Contains Wheat, Gluten from sources other than wheat. Manufactured on equipment that also processes products containing Egg, Milk, Sesame.	25	119	19.8	1.2	480	2.6
Snacks to Choose in Moderation		Quaker Instant Oats Congee Chicken, Corn and Spinach Flavour	Oats (content: 55%), Rice Flake (Rice, Sugar), Chicken Corn Flavor Seasoning (Sugar, Salt, Flavor Enhancer (E621), Maltodextrin, Sweet Corn Powder, Chicken Powder, Flavor, Onion Powder, Flavor Enhancer (E635), Anti-caking Agent (E551) (Irradiation), Sweet Corn Particles (Irradiation), Dehydrated Chicken (Chicken, Salt, Flavor Enhancer (E621)), Spinach Pieces (Irradiation)). Allergen Information: Contains Cereal containing Gluten. May contain traces of milk, soy and egg.	30	113	7.2	7.4	1373	5
Snacks to Choose in Moderation		Quaker Instant Oats Congee Yam and Pork Flavor	Oats (content: 55%), Rice Flake (Rice, Sugar), Yam Pork Flavor Seasoning (Sugar, Salt, Maltodextrin, Flavor Enhancer (E621), Flavor, Spice, Flavor Enhancers (E627, E631), Anti-caking Agent(E551) (Irradiation), Yam (Irradiation), Spinach (Irradiation), Pork, Carrot. Allergen Information: Contains Cereal containing Gluten. May contain traces of milk, soy and egg. IRRADIATED	30	112	6.6	9.4	1636	4.7
Snacks to Choose in Moderation		Quaker Oat Cookies With Raisins	Oats (Oat Instant Flakes, Whole Oat Flour, Rolled Oat), Wheat (Wheat Flour, Wheat Bran), Sugar, Palm Oil, Raisin, Whey Powder (Contains Milk), Egg, Inulin, Raising Agents (E503(ii), E500(ii), E450(i)), Iodized Salt, Flavors, Emulsifier (E322). Allergen Information: Contains Cereals containing Gluten, Milk, Egg and Soy. May contain trace of Peanut and Tree Nut (Almond).	27	122	15.3	31.7	480	3.9
Snacks to Choose in Moderation		SELECT Almond Pastry	Wheat Flour, Sugar, Vegetable Oil (Palm Oil), Almond Powder. This product contains tree nuts and cereal containing gluten.	15	71.1	17.3	14.0	0	1.6
Snacks to Choose in Moderation		SELECT Green Onion Crackers	Wheat Flour, Palm Oil, Shallot, Seaweed, Salt, Sugar, Raising Agents (E503, E500, E341).	25	117	18.2	9.2	507	3
Snacks to Choose in Moderation		SELECT Sesame Pastry	Wheat Flour, Sugar, Vegetable Oil (Palm Oil), Black Sesame. Produced in a factory where tree nuts and their products are also handled.	15	71.7	18.0	14.6	0	0.8











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Snacks to Choose in Moderation		SureBuy Malkist Biscuits	Wheat Flour, Palm Oil, Sugar, Salt, Malt Extract, Maltose, Yeast, Raising Agent E500(ii). [This product contains gluten(wheat).]	22	96	13.8	2.5	415	2.6
Snacks to Choose in Moderation		SureBuy Marie Biscuits	Wheat Flour, Sugar, Palm Oil, Corn Starch, Maltose, Raising Agents (E503(ii), E500(ii), Salt, Flavour And Flavouring (Vanilla, Vanillin), Flour Treatment Agents (E223, E1101). [This Product Contains Gluten (Wheat).]	19.6	86	12.4	19.9	365	3
Snacks to Choose in Moderation		Torto Black Sesame Quinoa Flakes	Oats, Black Sesame, Thickener (E1412), Sugar, Organic Quinoa Flakes, Black Bean Powder.	28	109	14.6	11.8	0	13
Snacks to Choose in Moderation		Torto Original Quinoa Flakes	Oats, Thickener (E1412), Sugar, Organic Quinoa Flakes.	28	104	6.4	14.6	0	6.4
Fruits									
Snacks of Choice		CHUNCHIES FREEZE-DRIED MIXED FRUIT	Strawberries, Bananas, Apples, Blueberries	28	100	1.8	57.1	0	14
Snacks of Choice		CHUNCHIES FREEZE-DRIED PINEAPPLE	Pineapple	28	100	0.0	67.9	0	11
Snacks of Choice		CHUNCHIES FREEZE-DRIED STRAWBERRIES	Strawberries	23	80	0.0	52.2	0	22
Snacks of Choice		Delicious Orchard Freeze-dried Pear Slices	Pears	20	70	1.0	59.5	60	6.3
Snacks of Choice		DISNEY CALIFORNIA RAISINS	Raisins	14	49	0.5	3.7	11	5
Snacks of Choice		forager fruits freeze-dried banana bites	100% Australian Banana	15	58.1	1.2	70.6	1	--








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Snacks of Choice		forager fruits freeze-dried blueberries	100% Australian Blueberries	15	57.1	0.0	74.0	0	--
Snacks of Choice		forager fruits freeze-dried cherries	100% Tasmanian Cherries May contain cherry pit or fragment.	15	41.6	1.0	54.5	0	--
Snacks of Choice		forager fruits freeze-dried mango bites	100% Australian Mango	15	43.8	0.9	55.9	4	--
Snacks of Choice		forager fruits freeze-dried pineapple bites	100% Australian Pineapple	15	46.4	0.6	61.8	24	--
Snacks of Choice		Green Tree freeze-dried Apricot	Apricots	20	72	0.0	80.0	40	0
Snacks of Choice		Green Tree freeze-dried Fig	Figs	20	73	0.0	75.0	13	7.5
Snacks of Choice		Green Tree freeze-dried Mulberry	Mulberries	20	80	0.0	55.0	5	18
Snacks of Choice		Green Tree freeze-dried Peach	Peaches	20	75	0.0	85.0	20	5
Snacks of Choice		Green Tree freeze-dried Strawberry	Strawberries	20	72	0.0	80.0	10	5
Snacks of Choice		greenday CRISPY GRAPE	Grape 100%	18	70	0.0	88.9	0	5.6









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Snacks of Choice		Meadows CALIFORNIA RAISINS	RAISINS	14	48	0.1	25.1	32	3.5
Snacks of Choice		Mom's cook Freeze-dried Apple Chip	Apple (100%)	12	40	0.0	83.3	0	--
Snacks of Choice		Peppa Pig Raisins mini snacks	Raisins. Cottonseed Oil. Suitable for vegetarians. May contain nuts.	14	47	0.7	62.9	60	--
Snacks of Choice		SUN-MAID CALIFORNIA SUN-DRIED RAISINS	RAISINS	14	44.2	0.2	71.4	27	5.9
Snacks of Choice		SUN-MAID ORGANIC RAISINS	CALIFORNIA ORGANIC RAISINS	14	41.9	0.3	65.2	26	4.5
Snacks of Choice		Sunny Fruit - Organic Dried Apricots	Organic Dried Apricots, Water	50	120	0.0	52.0	10	8
Snacks of Choice		Sunny Fruit - Organic Dried Prunes	Organic Dried Prunes, Water	50	75	0.0	22.6	0	4.2
Snacks of Choice		SUNSWEET Prunes	PITTED CALIFORNIA PRUNES (DRIED PLUMS), PRESERVATIVE (POTASSIUM SORBATE)	26	60	0.0	38.1	0	6.9
Snacks of Choice		Taylor Pitted Prunes	Pitted Prunes, Preservative(E202)	50	110	0.0	30.0	0	5.2
Snacks to Choose in Moderation		Delicious Orchard Freeze-dried Strawberries Whole	Strawberries, Sugar	20	70	1.0	83.8	26	3.3

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Snacks to Choose in Moderation		Delicious Orchard Freeze-dries Peach Slices	Peach, Sugar	20	80	0.2	89.4	30	1.4
Snacks to Choose in Moderation		greenday CRISPY APPLE	Apple 100%	12	50	0.0	75.0	333	8.3
Snacks to Choose in Moderation		greenday CRISPY PEACH	Peach 98%, Sugar 2%	12	40	0.0	75.0	0	0
Snacks to Choose in Moderation		greenday CRISPY STRAWBERRY	strawberry 98%, sugar 2%	12	35	0.0	66.7	0	7.1
Snacks to Choose in Moderation		greenday Kids Crispy apple	Apple	11	43	0.0	72.7	245	8.2
Snacks to Choose in Moderation		greenday Kids Crispy strawberry	Strawberry 98%, Sugar 2%	9	36	1.1	77.8	0	10
Meat, Fish, Egg and Alternatives									
Snacks to Choose in Moderation		MARUDAI USUSHIO FISH SAUSAGE	FISH MEAT(FISH MEAT, EGG), STARCH (CORNSTARCH, SOYBEAN OIL, POTATO STARCH, SOY FLOUR), VEGETABLE PROTEIN (WHEAT GLUTEN, SALT DEFATTED SOYBEANS, SOYBEAN OIL), SOYBEAN OIL, HYDROGENATED STARCH HYDROLYSATE, NON-CALCINATED CALCIUM (SCALLOP SHELL), SALT FLAVOUR ENHANCER (POTASSIUM CHLORIDE E508, MONOSODIUM GLUTAMATE E621, DISODIUM 5'-RIBONUCLEOTIDE E635), GELATIN, BONITO EXTRACT (DEXTRIN, SALT, BONITO EXTRADCT, HYDROLYSED PROTEIN (BLACK SEABREAM, SPANISH MACKEREL, TUNA), DRIED BONITO EXTRACT (BONITO SALT)), KELP EXTRACT (DEXTRIN, SEASONED KELP (KELP , SALT), SALT), SPICES (SPICES (WHITE PEPPER, ONION POWDER (ONION, DEFATTED SOYBEANS), GARLIC POEDER (GARLIC, DEFATTED SOYBEANS, GLUCOSE), GINGER), CORN POWDER, GLUCOSE, WHITE, PALM, DEXTRIN), SPICE EXTRACT (SPICE EXTRACT, PORK) CONTAINS FISH, EGG, CRUSTACEAN, SOYBEAN AND WHEAT PRODUCTS	26	40	6.2	0.0	492	--

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Nuts									
Snacks to Choose in Moderation		Blue Diamond Roasted Salted Almonds	Almonds (Tree Nuts), Vegetable Oil (Canola Oil and/or Safflower Oil), Sea Salt	14.2	86.6	56.0	4.4	301	10
Chestnuts									
Snacks of Choice		EDO Dessert Duet Chestnut	Chestnut	35	65.5	1.2	9.6	1	6.5
Snacks of Choice		759 Store Organic Peeled Chestnut	Organic Chestnut100%	60	113	1.1	8.1	0	6.8
Dairy Products									
Snacks of Choice		Emmi SWISS PREMIUM Low-fat Plain Yogurt	Swiss milk, milk proteins, jeat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	56	1.5	5.0	50	--
Snacks of Choice		Emmi SWISS PREMIUM Non-fat Greek Style Natural Yogurt	Non-Fat Swiss milk, heat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus, Bifidus, L. casei)	150	84	0.0	4.0	60	--
Snacks of Choice		meiji CP-meiji Natural Low Fat Yoghurt	Yoghurt (from fresh milk, skimmed milk powder, whey protein concentrate, milk fat), Thickener (E1422, E1442, E440), B. lactis, L. acidophilus, L, bulgaricus, and S. thermophilus	135	85	1.9	4.6	61	0
Snacks of Choice		UBLEY LOW FAT NATURAL YOGURT	Low fat yogurt(milk)	150	87	1.7	5.8	48	--
Snacks of Choice		Yeo Valley 0% Fat Natural Yoghurt	YOGURT (MILK), BIFIDOBACTERIUM, LACTOBACILLUS BULGARICUS, STREOTICICCUS THERMOPHILUS. CONTAINS ONLY MILK'S NATURALLY OCCURRING SUGAR (LACTOSE). CONTAINS MILK.	150	84	0.0	7.5	84	--



Database of Prepackaged Snacks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Bulla LITE 'N HEALTHY CHERRY YOGURT	FRESH SKIM MILK, CHERRY SAUCE 14% [SWEET CHERRY (26%), SOUR CHERRY JUICE (24%), WATER, SUCROSE, THICKENERS (1442, 415), NATURAL FLAVOURING, NATURAL COLOUR (BLACK CARROT CONCENTRATE), ACIDITY REGULATOR (330), PRESERVATIVE (202)], MILK SOLIDS, LIQUID SUGAR (SUGAR, WATER), THICKENERS (1442 FROM TAPIOCA AND MAIZE), FRESH CREAM, CULTURES. CONTAINS MILK AND MILK PRODUCTS.	110	95	0.8	12.4	62	--
Snacks to Choose in Moderation		Bulla LITE 'N HEALTHY GOLDEN KIWI YOGURT	FRESH SKIM MILK, GOLD KIWI SAUCE 14% [GOLD KIWI (50%), WATER, SUCROSE, GLUCOSE SYRUP (DERIVED FROM MAIZE), THICKENERS (1442,440,415,410,466), NATURAL FLAVOURING, ACIDITY REGULATORS (333,332,330), NATURAL COLOUR (160a (ii)), PRESERVATIVE (202)], MILK SOLIDS, LIQUID SUGAR (SUGAR, WATER), THICKENERS (1442 FROM TAPIOCA AND MAIZE), FRESH CREAM, CULTURES. CONTAINS MILK AND MILK PRODUCTS.	110	98	0.8	12.5	63	--
Snacks to Choose in Moderation		Bulla LITE 'N HEALTHY PLAIN YOGURT	FRESH SKIM MILK, MILK SOLIDS, LIQUID SUGAR (SUGAR, WATER), THICKENERS (1442 FROM TAPIOCA AND MAIZE), FRESH CREAM, CULTURES. CONTAINS MILK AND MILK PRODUCTS.	110	89	0.9	10.3	71	--
Snacks to Choose in Moderation		Bulla LITE 'N HEALTHY RED APPLE YOGURT	FRESH SKIM MILK, APPLE SAUCE 15% [APPLE DICED (32%), WATER, SUGAR, APPLE PUREE (15%), THICKENERS (1442 FROM TAPIOCA, 407), NATURAL FLAVOURS, CULTURED WHEY, PRESERVATIVE (202), ACIDITY REGULATOR (330, 331)], MILK SOLIDS, LIQUID SUGAR (SUGAR, WATER), THICKENERS (1442 FROM TAPIOCA AND MAIZE), FRESH CREAM, CULTURES. CONTAINS MILK AND MILK PRODUCTS.	110	94	0.8	12.4	62	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Aloe Vera Yogurt	Swiss milk, fruit preparation (aloe vera, sugar, modified starch, flavour, lemon juice concentrate, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb.bulgaricus, Lb.acidophilus).	100	90	1.4	14.0	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Apricot Yogurt	Swiss milk, fruit preparation (apricots, sugar, modified starch, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Blueberry Yogurt	Swiss milk, fruit preparation (blueberries, sugar, modified starch, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Pineapple Yogurt	Swiss milk, fruit preparation (pineapples, sugar, modified starch, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb.bulgaricus, Lb.acidophilus).	100	95	1.5	15.0	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Raspberry Yogurt	Swiss milk, fruit preparation (raspberries, sugar, modified starch, lemon juice concentrate, beetroot juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM Low-fat Strawberry Yogurt	Swiss milk, fruit preparation (strawberries, sugar, modified starch, beetroot juice concentrate, lemon juice concentrate, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE YOGURT Honey	MILK, MILK SOLIDS, WATER, HONEY (4%), SUGAR, CREAM, THICKENER (MODIFIED STARCH), ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), CARAMELSED SUGAR, LIVE YOGURT CULTURES: S. THERMOPHILUS & L. BULGARICUS. CONTAINS MILK.	90	86	2.9	12.3	63	0.1

Database of Prepackaged Snacks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE YOGURT Mango	MILK, MILK SOLIDS, MANGO PUREE (5.9%), WATER, SUGAR, CREAM, THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, NATURAL COLOUR (CAROTENE), MILK MINERALS, LIVE YOGURT CULTURES: S. THERMOPHILUS & L. BULGARICUS. CONTAINS MILK.	90	80	2.9	10.3	63	0.1
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE YOGURT Vanilla	MILK, MILK SOLIDS, WATER, SUGAR, CREAM, THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), NATURAL COLOUR (CAROTENE), VANILLA BEAN SEED (0.01%), LIVE YOGURT CULTURES: S. THERMOPHILUS & L. BULGARICUS. CONTAINS MILK.	90	89	2.9	12.7	63	0.1
Snacks to Choose in Moderation		meiji CP-meiji Low Fat Yoghurt with Mango	Yoghurt (from fresh milk, skimmed milk powder, whey protein concentrate, milk fat), Mango in syrup, Sugar, Thickener (E1422, E1442, E440), Artificial flavouring and Nature identical flavouring, Acidity regulator (E330), B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Preservative (E211) (carry over from fruit syrup), Colouring (E102)	135	113	1.5	12.8	59	0.7
Snacks to Choose in Moderation		meiji cp-meiji Low Fat Yoghurt with mixed berry	Yoghurt (from fresh milk, skimmed milk powder, whey protein concentrate, milk fat), Mixedberry in syrup (strawberry, blueberry, raspberry juice concentrate), Sugar, Thickener (E1422, E1442, E440), Nature identical flavouring, B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Acidity regulator (E330), Preservative (E211) (carry over from fruit syrup), Colouring (E124, E133)	135	117	1.5	13.6	51	0.5
Snacks to Choose in Moderation		meiji CP-meiji Low Fat Yoghurt with Nata De Coco	Yoghurt (from fresh milk, skimmed milk powder, whey protein concentrate, milk fat), Nata de Coco in syrup, Sugar, Thickener (E1422, E1442, E440), Artificial flavouring and Nature identical flavouring, B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity regulator (E330)	135	113	1.5	12.8	53	0.5
Snacks to Choose in Moderation		meiji cp-meiji Low Fat Yoghurt with Strawberry	Yoghurt (from fresh milk, skimmed milk powder, whey protein concentrate, milk fat), Strawberry in syrup, Sugar, Thickener (E1422, E1442, E440), Nature identical flavouring, B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity regulator (E330), Colouring (E124)	135	118	1.5	13.3	53	0.7
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS BLUEBERRY YOGHURT	Yoghurt, sugar, 3% blueberries, modified starch, 2% blueberry puree, concentrate from carrot and beet-root, thickener: pectins; acidity regulator: sodium citrates; natural flavouring. This product contains milk.	100	113	4.1	14.2	40	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS MANGO-APRICOT YOGHURT	Yoghurt, sugar, 3% apricots, modified starch, 2% mango puree, thickener: pectins; acidity regulator: citric acid; flavouring, colour: carotene. This products contains milk.	100	112	4.0	14.3	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS RASPBERRY YOGHURT	Yoghurt, sugar, 2.8% raspberry, modified starch, 2.2% raspberry puree, thickener: pectins; natural flavouring, acidity regulator: citric acid; colouring concentrate from carrot, colour: cochineal. This product contains milk.	100	112	4.0	14.1	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS STRAWBERRY YOGHURT	Yoghurt, sugar, 4.5% strawberries, modified starch, 0.5% strawberry puree, thickener: pectins, concentrate from carrot, acidity regulator: citric acid; flavouring color: cochineal. This product contains milk.	100	113	4.0	14.5	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS SWEETENED YOGHURT	Yoghurt, sugar, modified starch, thickener: pectins; vanilla extract, acidity regulator: citric acid; natural vanilla flavouring. This products contains milk.	100	88	4.6	6.5	44	--

Database of Prepackaged Snacks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Nestle Acti-V Low Fat Black Rice with Oat and Wheat Yoghurt	Fresh Milk (41%), Water, Milk Solid, Sugar, Black Rice (1.3%), Oat (0.7%), Modified Starch, Starch, Wheat (0.3%), Lemon Juice Concentrate, Flavouring, Stabilizer (E410), FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g).	130	115	2.0	12.3	59	--
Snacks to Choose in Moderation		Nestle Acti-V Low Fat Blueberry Yoghurt	Fresh Milk (42%), Water, Blueberry Sauce (Sugar, Blueberry Water, Acidity Regulator (E330, E341, E331), Stabilizer (E440), Modified Starch, Flavouring, Lemon Juice Concentrate), Milk Solid, Sugar, Modified Starch, FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen Information: Contains milk products. May contain traces of cereals containing gluten and tree nuts.	130	107	2.0	12.3	59	--
Snacks to Choose in Moderation		Nestle Acti-V Low Fat Chia Seed with Barley and Millet yoghurt	Fresh Milk (41%), Water, Milk Solid, Sugar, Barley (0.8%), Modified Starch, Millet (0.6%), Chia Seed (0.3%), Flavouring, Lemon Juice Concentrate, Stabilizer (E410), FORTIS Bifidobacterium (10 million per g), Colour (E160a), Live Lactic Culture (100 million per g). Allergen information: Contains cereals containing gluten and milk products. May contain traces of tree nuts.	130	115	2.0	12.3	59	0.2
Snacks to Choose in Moderation		Nestle Acti-V Low Fat Plain Yoghurt	Fresh Milk (49%), Water, Milk Solid, Sugar, Modified Starch, FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of cereals containing gluten and tree nuts.	130	95	2.5	8.0	73	0.2
Snacks to Choose in Moderation		Nestle Acti-V Low Fat Strawberry Yoghurt	Fresh Milk (41%), Water, Strawberry Sauce (Strawberry, Sugar, Water, Modified Starch, Flavouring, Stabilizer (E410, E415, E509), Acidity Regulator (E330, E331), Colour (E163), Enzyme, Anti-caking Agent (E551)), Milk Solid, Sugar, Modified Starch, FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen Information: Contains milk products. May contain traces of cereals containing gluten and tree nuts.	130	107	2.0	12.3	59	0.4
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Blueberry Yoghurt	Fresh Milk (35%), Water, Blueberry Sauce (Water, Blueberry, Sugar, Modified Starch, Oligofructose, Lemon Juice Concentrate, Flavouring), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of tree nuts and cereals containing gluten.	140	112	1.6	11.1	55	0.2
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Mango Yoghurt	Fresh Milk (35%), Water, Mango Sauce (Mango, Sugar, Water, Modified Starch, Oligofructose, Flavouring, Lemon Juice Concentrate, Color (E160a)), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of tree nuts and cereals containing gluten.	140	112	1.6	11.1	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Strawberry Yoghurt	Fresh Milk (35%), Water, Strawberry Sauce (Strawberry, Sugar, Water, Modified Starch, Flavouring, Stabilizer (E410, E415, E509), Acidity Regulator (E330, E331), Colour (E163), Enzyme, Anti-caking Agent (E551)), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of tree nuts and cereals containing gluten.	140	112	1.6	11.1	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Sweetened Natural Yoghurt	Fresh Milk (41%), Water, Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of tree nut and cereals containing gluten.	140	112	1.9	9.4	82	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Yuzu Yoghurt	Fresh Milk (35%), Water, Yuzu Sauce (17%) (Water, Yuzu Pulp (3.7%), Sugar, Yuzu Juice, Modified Starch, Flavouring, Stabilizer (E440, E410), Acidity Regulator (E330, E341), Colour (E160a)), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains milk products. May contain traces of tree nuts and cereals containing gluten.	140	112	1.6	11.1	55	--

Database of Prepackaged Snacks

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
						Total Fat (g)	Sugar (g)	Sodium (mg)	Dietary Fibre (g)
Snacks to Choose in Moderation		Pascual low fat pasteurised after fermentation yogurt with peach and passion fruit*	Pasteurised semi-skimmed milk (80%), sugar, fruit preparation (peach (3.7%) and passion fruit juice from concentrate (0.3%)), flavourings, colour: carrot concentrate), modified starch (E-1422), beef gelatin, milk proteins and lactic cultures.	125	121	1.3	16.0	0	--
Snacks to Choose in Moderation		Trappist Dairy Sippa YOGURT*	Fresh Milk, Sugar, Water, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus	120	117	3.6	11.1	40	--
Snacks to Choose in Moderation		Trappist Dairy Spoona Low Fat Passion Fruit Yogurt*	Fresh Milk, Water, Sugar, Passion Fruit Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E414, E471), Gelatin, Flavour and Flavouring. Allergen Information: Contains milk products.	90	82.8	2.8	13.2	32	--
Snacks to Choose in Moderation		Trappist Dairy Spoona Low Fat Plain Yogurt*	Fresh Milk, Water, Sugar, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E414, E471), Gelatin. Allergen Information: Contains milk products.	90	82.8	2.8	13.2	32	--
Snacks to Choose in Moderation		Trappist Dairy Spoona Low Fat Strawberry Yogurt*	Fresh Milk, Water, Sugar, Strawberry Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E414, E471), Gelatin, Flavor and Flavoring. Allergen Information: Contains milk products.	90	82.8	2.8	13.2	32	--
Snacks to Choose in Moderation		Trappist Dairy Spoona YOGURT*	Fresh Milk, Sugar, Water, Heavy Cream, Whey Protein, Egg Yolk Powder, Emulsifiers (E1414, E471) , Gelatin, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis subsp. Lactis, Lactococcus Lactis subsp. Cremoris	120	121	3.8	11.3	45	--
Snacks to Choose in Moderation		Yeo Valley Natural Yoghurt*	YOGURT (MILK), BIFIDOBACTERIUM, LACTOBACILLUS ACIDOPHILUS, STREPTOCOCCUS THERMOPHILUS. CONTAINS ONLY MILK'S NATURALLY OCCURRING SUGAR (LACTOSE). CONTAINS MILK.	150	123	4.5	5.6	62	--
Snacks to Choose in Moderation		Yoplait with real fruit mango yoghurt*	MILK, MILK SOLIDS, SKIM MILK, SUGAR, MANGO (6%), HALAL GELATINE, THICKENER (MODIFIED STARCH), NATURAL FLAVOURS, NATURAL COLOUR (CAROTENE), ACIDITY REGULATORS(CITRIC ACID, SODIUM CITRATE), LIVE YOGHURT CULTURES: S.THERMOPHILUS & L.BULGARICUS. CONTAINS MILK.	100	89	1.9	12.8	45	0.1
Snacks to Choose in Moderation		Yoplait with real fruit mixed berry yoghurt*	MILK, MILK SOLIDS, SKIM MILK, SUGAR, FRUITS (5.5%) (BLACKBERRIES, STRAWBERRIES, BLUEBERRIES), WATER, HALAL GELATINE, RICE STARCH, NATURAL FLAVOURS, STABILISER (PECTIN), BLACK CARROT AND BLACKCURRANT CONCENTRATE, LEMON JUICE CONCENTRATE, ACIDITY REGULATORS (SODIUM CITRATE), FIRMING AGENT (CALCIUM CHLORIDE), LIVE YOGHURT CULTURES: S.THERMOPHILUS & L.BULGARICUS. CONTAINS MILK.	100	88	1.9	12.6	46	0.2
Snacks to Choose in Moderation		Yoplait with real fruit strawberry yoghurt*	MILK, MILK SOLIDS, SKIM MILK, SUGAR, STRAWBERRIES (6%), HALAL GELATINE, THICKENERS (MODIFIED STARCH, CARRAGEENAN), NATURAL FLAVOURS, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), CARROT CONCENTRATES, FIRMING AGENT (CALCIUM CHLORIDE), LIVE YOGHURT CULTURES: S.THERMOPHILUS & L.BULGARICUS. CONTAINS MILK.	100	90	1.9	12.7	54	0.2
Snacks to Choose in Moderation		Yoplait with real vanilla yoghurt*	MILK, MILK SOLIDS, SKIM MILK, WATER, SUGAR, HALAL GELATINE, THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, ACIDITY REGULATORS (CITRIC ACID), VANILLA BEAN SEED (0.01%), NATURAL COLOUR (CAROTENE), LIVE YOGHURT CULTURES: S.THERMOPHILUS & L.BULGARICUS. CONTAINS MILK.	100	90	1.9	12.8	45	0

Date of last review: October 2020