

## Database of Prepackaged Snacks – Food

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 of Choice		Bebecook Rice Snack Veggie Flavour	Organic brown rice, oatmeal, spinach powder, carrot powder, kale powder. Allergen declaration: This product contains gluten and oatmeal ingredients.	25	92	0.8	0.8	36	--
Snacks of Choice		Chung O Organic Rice Snack (Original)	Organic rice (100%) Allergen information: Made in a facility that use soybean, sesame, milk and dairy, wheat, buckwheat, peanut, tomato, walnut, chicken, beef, pine nuts.	30	110	0.0	0.0	0	--
Snacks of Choice		FARM TO FAMILY Organic Rice Puffs Snack (Apple)	Organic rice 98%, apple powder 1.5%, beet powder 0.5%. Manufactured in a facility that handles wheat, milk.	30	119	2.0	1.0	0	--
Snacks to Choose in Moderation		Alpen Bar Strawberry & Yoghurt	Cereals (47%) (Whole Oats, Rice, Whole Wheat), Glucose Syrup, Sugar, Vegetable Oils (Palm Kernel, Sunflower, Rapeseed), Oligofructose Syrup, Dried Apple Pieces (3.1%) (with Preservative, Sulphur Dioxide), Humectant: Glycerol, Milk Lactose, Milk Yogurt Powder (2.5%), Dextrose, Freeze Dried Strawberry (0.8%), Strawberry Juice from Concentrate (0.7%), Maize Starch, Emulsifier; Soya Lecithin, Salt, Elderberry Juice Extract, Flavourings, Acidity Regulator: Malic Acid. Allergy Advice: For allergens, this product contains Oats, Wheat, Milk, Soya. Also, may contain nuts.	29	117	10.0	27.0	60	8.0
Snacks to Choose in Moderation		Apple Monkey Organic Rice Cracker Blueberry & Strawberry Flavour	Organic Jasmine Rice (73.842%), Organic Tapioca Starch (14.51%), Organic Cane Sugar (7.49%), Strawberry (1.48%), Blueberry (1.48%), Sea Salt (0.89%), DHA Fish Oil (from Tuna) (0.044%), Strawberry flavour (0.13%), Blueberry flavour (0.13%), Natural Mixed Tocopherols (0.004%) (Antioxidant; contains soy).	3	12	3.3	3.3	333	1.0
Snacks to Choose in Moderation		BESTbuy Malkist Crackers	Wheat Flour, Palm Oil, Sugar, Malt Extract, Salt, Maltose, Yeast, Raising Agent (E500ii). This product contains cereals containing gluten.	22	100	16.3	5.1	463	2.2
Snacks to Choose in Moderation		BOURBON FIVE GRAINS BISCUITS	WHEAT FLOUR (CEREALS CONTAINING GLUTEN), WHOLEMEAL FLOUR (CEREALS CONTAINING GLUTEN), VEGETABLE OIL (PALM COCONUT SESAME), SUGAR, MILK SYRUP, BLACK SOYBEAN POWDER, SESAME PASTE, SALT, BROWN RICE, SHORTENING (PALM RICE), SESAME RAISING AGENTS (E503, E500(II)), BARLEY POWDER (CEREALS CONTAINING GLUTEN), MODIFIED STARCH (CEREALS CONTAINING GLUTEN), DEFATTED WHEAT GERM (CEREALS CONTAINING GLUTEN), YEAST, FOXTAIL MILLET POWDER, MILLET POWDER, YEAST EXTRACT POWDER, EMULSIFIER (E322 (SOYBEAN PRODUCT)), FLAVOUR & FLAVOURING, ENZYME, YEAST FOOD (CEREALS CONTAINING GLUTEN), VITAMIN E, VITAMIN C. PRODUCED IN A FACTORY WHERE EGG IS ALSO HANDLED.	18	78	15.0	12.5	497	4.9






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Snacks to Choose in Moderation		BOURBON 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. PRODUCED IN A FACTORY WHERE MILK IS ALSO HANDLED.	18	79	11.8	0.2	536	2.7
Snacks to Choose in Moderation		Dutch Lady Milk Cereal+ Instant Milk Cereal Drink	Skimmed milk powder (32%), cereal flakes (wheat flour, glucose syrup, rice flour, malt extract, sugar, maize starch, soya flour, sodium chloride), non-dairy creamer (glucose syrup fully hydrogenated, vegetable oil, caseinate, stabilizer (E340,E452), emulsifier (E471), anticaking agent (E551), colour (E160a)), sugar, soluble maize fibre, tapioca flour, stabilizer (E466), tricalcium phosphate, potassium chloride, sodium chloride, vitamin C, ferric pyrophosphate, zinc sulphate, niacin, egg powder, vitamin A, vitamin D3, biotin, sodium selenite, potassium iodide, vitamin B1, vitamin B2, vitamin B6, folic acid, vitamin B12.	30	110	6.9	38.0	466	7.4
Snacks to Choose in Moderation		EDO Wheat Pastry	Wheat Flour, Vegetable oil (Soyabeans), Wheat Shoot, White Sugar, Sesame, Wheat Fiber. Contains cereals containing gluten and soyabeans products.	12	57	16.7	15.0	92	6.7
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).	17	70	9.4	1.1	553	--
Snacks to Choose in Moderation		Kellogg's Corn Flakes Classic	Corn, Sugar, Malt Extract, Iodized Salt, Vitamin C, Iron (Ferric Orthophosphate, Reduced Iron), Antioxidant (Mixed Tocopherols Concentrate), Nicotinamide, Zinc Oxide, Vitamin A, Vitamin B6, Vitamin B12, Vitamin B2, Vitamin B1, Folic Acid. Contains gluten and soybean. This product is manufactured in the facility also produces traces of peanuts and tree nuts.	25	94	1.0	8.0	460	2.6
Snacks to Choose in Moderation		M&S salted mini pretzels	Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Sea Salt, Dextrose, Rapeseed Oil, Emulsifier: Lecithins, Dried Yeast, Acidity Regulator: E524.	25	96	2.1	2.9	792	3.9
Snacks to Choose in Moderation		MADE GOOD Apple Cinnamon Granola Minis	Pure Oats*, Sugars* (Cane Sugar*, Invert Cane Syrup*, Agave Syrup*, Brown Rice Syrup*), Dried Apple Pieces*, Raisins*, Sunflower Oil*, Brown Rice Crisps*, Inulin*, Tapioca Starch*, Cinnamon*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Salt. *Organic. Contain cereals containing gluten.	24	100	12.5	25.0	21	8.3
Snacks to Choose in Moderation		MADE GOOD Chocolate Banana Granola Minis	Pure Oats*, Sugars* (Cane Sugar*, Invert Cane Syrup*, Agave Syrup, Brown Rice Syrup*), Dried Banana Pieces* (Dried Banana*, Banana Powder*), Sunflower Oil*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Brown Rice Syrup*, Inulin*, Tapioca Starch*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavour*, Salt. *Organic. Contain cereals containing gluten.	24	110	16.7	25.0	21	8.3

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Snacks to Choose in Moderation		MADE GOOD Chocolate Chip Granola Bars	Pure Gluten Free Oats*, Agave Syrup*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Brown Rice Syrup*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavor*, Agar*, Salt. *Organic.	24	100	14.6	25.0	42	4.2
Snacks to Choose in Moderation		MADE GOOD Mixed Berry Granola Bars	Pure Oats*, Sugars (Agave syrup*, Brown Rice Syrup*, Invert Cane Syrup*), Brown Rice Crisps*, Sunflower Oil, Raisins, Oat Flour, Dried Cranberries* (Apple Juice Concentrate*, Cranberries*, Sunflower Oil*), Zante Currants*, Freeze Dried Raspberries*, Vegetable Extracts (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavour*, Agar*, Salt. *Organic. Contain cereals containing gluten.	24	100	10.4	25.0	42	8.3
Snacks to Choose in Moderation		Meadows OAT SALTINES	WHEAT FLOUR, PALM OIL, OAT CHIPS, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT & OAT).	19	86	21.2	0.7	470	3.0
Snacks to Choose in Moderation		Meadows ORIGINAL SALTINES	WHEAT FLOUR, PALM OIL, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT).	19	84	19.3	1.0	508	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, CONTAINS MONOSODIUM GLUTAMATE (INS621) AND DISODIUM 5'-RIBONUCLEOTIDE (INS635) AS PERMITTED FLAVOUR ENHANCERS, CONTAINS ANTICAKING AGENT (INS551) AS PERMITTED FOOD CONDITIONER], CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT) AND SOYBEAN PRODUCTS.	19	85	21.1	1.9	521	3.1
Snacks to Choose in Moderation		Meadows SESAME SALTINES	WHEAT FLOUR, PALM OIL, WHITE SESAME, SALT, CALCIUM CARBONATE, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT).	19	87	21.9	0.8	481	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, CONTAINS MONOSODIUM GLUTAMATE(INS621) AND DISODIUM 5'-RIBONUCLEOTIDE (INS635) AS PERMITTED FLAVOUR ENHANCERS, CONTAINS ANTICAKING AGENT (INS551) AS PERMITTED FOOD CONDITIONER], GARLIC POWDER, CONTAINS RAISING AGENT SODIUM BICARBONATE AS PERMITTED FOOD CONDITIONER, YEAST. THIS PRODUCT CONTAINS GLUTEN (WHEAT) AND SOYBEAN PRODUCTS.	19	84	20.0	0.9	573	3.2

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Snacks to Choose in Moderation		Meiji Plain Crackers	Wheat Flour, Vegetable Oil (Palm Oil, Fully Hydrogenated Rapeseed Oil), Butter (Milk Product), Salt, Raising Agents (E500), (Malt Extract, Malt Flour) (Cereals Containing Gluten), Yeast, Miso Powder (Soybean, Salt), Dough Conditioner (Corn Starch, Flour Treatment Agents (Ammonium Chloride, Calcium Carbonate)). This Product Contains Cereals Containing Gluten, Milk and Soybean.	26	116	12.5	1.5	487	1.6
Snacks to Choose in Moderation		Meiji Plain Crackers with Oat	Wheat Flour, Vegetable Oil (Palm Oil, Fully Hydrogenated Rapeseed Oil), Oat (Cereals Containing Gluten), Butter (Milk Products), Salt, Raising Agents (E500), (Malt Extract, Malt Flour) (Cereals Containing Gluten), Yeast, Miso Powder (Soybean, Salt), Dough Conditioner (Corn Starch, Flour Treatment Agents (Ammonium Chloride, Calcium Carbonate)). This Product Contains Cereals Containing Gluten, Milk and Soybean.	26	116	12.9	1.4	489	1.6
Snacks to Choose in Moderation		Meiji Plain Crackers With Sesame	Wheat Flour, Vegetable Oils (Palm Oil, Fully Hydrogenated Rapeseed Oil), Puffed Sesame Seed, Butter (Milk Product), Sesame Powder, Salt, Raising Agent (E500), (Malt Extract, Malt Flour) (Cereals Containing Gluten), Yeast, Miso Powder (Soybean, Salt), Dough Conditioner (Corn Starch, Flour Treatment Agents (Ammonium Chloride, Calcium Carbonate)). This Product Contains Cereals Containing Gluten, Milk and Soybean.	26	114	12.0	1.5	498	2.2
Snacks to Choose in Moderation		Nestle Finesse Red Berries Breakfast Cereal Bar	Cereal Grains [Wholegrain Wheat (Gluten) (13.9%), Wholegrain Oat Flakes (Gluten) (13.7%), Rice, Wholegrain Wheat Flour (Gluten) (7.5%), Rice Flour, Corn Semolina], White Compound [Skimmed Milk Powder (Cow's Milk) (4.2%), Vegetable Fat (Coconut), Maltodextrin, Sugar, Mineral (Calcium Carbonate), Cocoa Butter, Emulsifier (Sunflower Lecithin), Natural Flavouring], Glucose Syrup, Sugar, Invert Sugar Syrup (Glucose, Fructose, Sucrose), Sunflower Oil, Dried Cranberries (4.2%), Humectant (Glycerol), Powdered Strawberries (3.0%) [Strawberry Powder, Maltodextrin, Acidity Regulator (Citric Acid)], Freeze Dried Strawberry Pieces (1.0%), Barley Malt Extract [Barley (Gluten), Malted Barley (Gluten)], Salt, Minerals (Calcium Carbonate, Ferrous Fumarate, Reduced Iron), Emulsifiers (Sunflower Lecithin, Monoglycerides), Natural Flavouring, Vitamins (B3, B5, Folic Acid, B6, B2), Acidity Regulator (Citric Acid), Antioxidant (Tocopherols), Colour (Beta Carotene). Contains Permitted Antioxidant, Flavouring, Colouring, Humectant, Emulsifier and Acidity Regulator. All additives are of plant or synthetic origin. Allergen information: Contains gluten, milk, tree nuts and soya.	24	92	10.6	21.7	200	5.5
Snacks to Choose in Moderation		NESTLE HONEY STARS Breakfast Cereal	Cereals Grains [Whole Grain Wheat (40%), Corn Semolina], Sugar, Honey (3.5%), Minerals (Calcium Carbonate, Reduced Iron), Non-Hydrogenated Palm Oil, Iodized Salt (Sodium Chloride, Potassium Iodate), Flavourings (Vanillin, Honey Graham), Antioxidant [Mixed Tocopherols Concentrate (From Soyabean)], Vitamins (B3/Nicotinamide, B5/Calcium Pantothenate, B6, B2, B9/Folic Acid), Colour [β-Carotenes]. Allergen information: Contains cereals containing gluten and soyabean products. May contain traces of tree nut and milk products.	20	74	2.5	25.0	115	6.0



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Snacks to Choose in Moderation		NESTLE KOKO KRUNCH Breakfast Cereal	Cereals 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), Flavourings (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	Cereals 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), Flavourings (Chocolate and Vanillin), Antioxidant (Mixed Tocopherols Concentrate), Vitamins (Nicotinamide/B3, Calcium Pantothenate/B5, B6, B2, Folic Acid/B9). 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
Snacks to Choose in Moderation		Pacific Saltine Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E319)), Canola Oil-Contains Antioxidant TBHQ (E319)), Raising Agents (Ammonium Bicarbonate (E503(ii)), Sodium Bicarbonate (E500(ii)), Calcium Dihydrogen Phosphate (E341(i))), Milk Powder, Pea Fiber, Whole Wheat Flour (0.9%), Salt (Contains 3.5% Sea Salt), Calcium Carbonate, Fresh Yeast (0.32%), Yeast Extract, Barley Malt Extract, Antioxidant (Ascorbic Acid (E300)), Flavourings, Emulsifier (Sodium Stearoyl Lactylate (E481(i))). Food additives are of 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	120	21.5	2.5	470	3.1
Snacks to Choose in Moderation		Pacific Sesame Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E319)), Canola Oil-Contains Antioxidant TBHQ (E319)), Raising Agents (Ammonium Bicarbonate (E503(ii)), Sodium Bicarbonate(E500(ii)), Calcium Dihydrogen Phosphate (E341(i))), Sesame (1.56%), Pea Fiber, Whole Wheat Flour (0.9%), Salt, Calcium Carbonate, Fresh Yeast (0.32%), Flavourings, Barley Malt Extract, Yeast Extract, Antioxidant Ascorbic Acid (E300)), 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. Manufactured on equipment that also processes products containing Egg, Milk.	25	119	19.7	0.8	481	2.5










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Snacks to Choose in Moderation		Pacific Spring Onion Soda Cracker	Wheat Flour, Non-Hydrogenated Vegetable Oils (Palm Oil-Contains Antioxidant TBHQ (E319), Canola Oil-Contains Antioxidant TBHQ (E319)), Raising Agents (Ammonium Bicarbonate (E503(ii)), Sodium Bicarbonate (E500(ii)), Calcium Dihydrogen Phosphate (E341(i))), Onion Powder, Whole Wheat Flour (0.9%), Pea Fiber, Spring Onions (1%), Salt, Calcium Carbonate, Flavours, Fresh Yeast (0.21%), Barley Malt Extract, Yeast Extract, 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	120	21.5	2.1	472	3.3
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		Santiveri Lite Bite No Sugar High Fibre Dark Chocolate Coated Bran Toast	Dark chocolate coating (70.55%) [cocoa mass, maltitol 3.3g, cocoa butter, skimmed cocoa powder, emulsifier ( <b>soy</b> lecithin, polyglycerol polyricinoleate) vanilla natural flavouring], corn flour, <b>wheat</b> bran, <b>wheat</b> flour, dextrin, salt. Minimum level of cocoa (43.12%). Allergy advice - Contains: <b>wheat, soy</b> . This product may contain traces of <b>milk, nuts, sesame, peanuts</b> and <b>mustard</b> . More than 40 mg may cause a feeling of diarrhea.	17	70	27.1	0.4	118	10.6
Snacks to Choose in Moderation		Santiveri Low Sugar Choco-Quinoa Light Digestive Biscuits	Whole meal <b>wheat</b> flour (66%), maltitol syrup, vegetable oils (sunflower, olive) (11%), crunchy quinoa (3.5%), <b>malt</b> extract, chocolate (3%) [Cocoa mass, maltitol, cocoa butter, skimmed cocoa powder, emulsifier ( <b>soy</b> lecithin, glycerol polirricinoleate, vanilla natural aroma), cocoa powder, aromas, leavening agents (ammonium bicarbonate, sodium bicarbonate), salt, emulsifier (sunflower lecithin), antioxidant (tocopherol rich extract), acidity regulator (monopotassium tartrate). May contain traces of <b>milk, nuts, sesame</b> and <b>peanuts</b> . Excessive consumption may have a laxative effect.	27	113	13.5	1.3	108	--
Snacks to Choose in Moderation		Santiveri Low Sugar Palm Oil Free Cocoa Cookies	Wholemeal <b>wheat</b> flour (51.6%), maltitol syrup, vegetable oils (sunflower, olive) (11.3%), <b>oat</b> flour, dark chocolate (3.04%) (cocoa paste, maltitol, cocoa butter, skimmed cocoa powder, emulsifiers ( <b>soy</b> lecithin, polyglycerol polyricinoleate, vanilla natural flavouring), cocoa powder (3.03%), emulsifier (lecithins), flavourings, salt, leavening agents (sodium bicarbonate, ammonium bicarbonate), antioxidant tocopherol-rich extract. May contain traces of <b>nuts, sesame, milk, peanuts</b> and <b>mustard</b> . Excessive consumption may have laxative effect.	27	116	17.0	0.6	200	--
Snacks to Choose in Moderation		Santiveri No Added Sugar Low Salt Vegan Cranberries Light Digestive Biscuits	Wholemeal <b>wheat</b> flour (55.5%), maltitol syrup, vegetable oils (sunflower, olive) (10.3%), dried cranberries (8.1%), fructooligosaccharides (3.6%), emulsifier (lecithins), flavourings, leavening agents (sodium bicarbonate, ammonium bicarbonate), colour (plain caramel), antioxidant (tocopherols-rich extract). May contain traces of <b>nuts, sesame, soy</b> and <b>mustard</b> . Excessive consumption may have laxative effect.	27	115	12.5	7.0	80	--

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Snacks to Choose in Moderation		Santiveri No Sugar Low Salt Gluten Free High Fiber Rice Cakes Coated with Dark Choco	Wholegrain rice (54.6%), dark chocolate coating (45%) [cocoa paste, maltitol, cocoa butter, skimmed cocoa powder, emulsifier (soy lecithin, glycerol polyricinoleate), vanilla natural aroma], extra virgin olive oil, emulsifier (sunflower lecithin). May contain traces of milk, shell nuts and peanuts. An excessive consumption may have a laxative effect.	25	107	19.0	0.5	16	--
Snacks to Choose in Moderation		Sawada Beikoku Organic Brown Rice Poncie (Plain Flavor)	Organic Brown Rice (Hokkaido)	25	99	3.2	12.0	40	--
Snacks to Choose in Moderation		Sawada Beikoku Organic Brown Rice Ponkashi (Grilled Corn Taste)	Organic Brown Rice (Hokkaido), Corn Grits (Corn (Hokkaido)), B Syrup, Corn Flakes (Corn (Hokkaido)), Soy Sauce (Contains Soybeans), Salt.	30	117	3.0	13.3	39	--
Snacks to Choose in Moderation		Sawada Beikoku Organic Brown Rice Ponkashi (Seafood Dashi Taste)	Organic Brown Rice (Hokkaido), Krill (Domestic), Soy Sauce (Soybeans), Sugar (Sugar Beet), Soup Stock (Dried Bonito Flake Kelp), Organic White Sesame Seeds, Kataguchi Sardines (Domestic), Salt, Aosa Seaweed, Aonori Seaweed.	27	105	4.1	9.3	39	--
Snacks to Choose in Moderation		SELECT Almond Pastry	Wheat Flour, Sugar, Vegetable Oil (Palm Oil), Almond Powder. This product contains tree nuts and cereals containing gluten.	15	71	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). This product contains cereals containing gluten.	25	117	18.2	9.2	507	3.0
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	72	18.0	14.6	0	0.8
Snacks to Choose in Moderation		Torto Black Sesame Quinoa Flakes	Oats, Black Sesame, Thickener (E1412), Sugar, Organic Quinoa Flakes, Black Bean Powder. THIS PRODUCT MAY CONTAIN TRACES OF MILK, NUTS, TREE NUTS, PEANUT, GLUTEN AND SOYABEANS.	28	109	14.6	11.8	0	12.9
Snacks to Choose in Moderation		Torto Original Quinoa Flakes	Oats, Thickener (E1412), Sugar, Organic Quinoa Flakes. THIS PRODUCT MAY CONTAIN TRACES OF MILK, NUTS, TREE NUTS, BLACK SESAME, PEANUT AND GLUTEN.	28	104	6.4	14.6	0	6.4

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Fruits									
Snacks of Choice		Annie's Apple and Apricot 100% Fruit Bar	Apple Puree (83%), Apricot Puree (17%).	20	68	1.5	59.5	5	--
Snacks of Choice		Annie's Apple and Mango Passion 100% Fruit Bar	Apple Puree (80%), Mango Puree (15%), Passionfruit Puree (5%).	20	63	1.5	60.5	5	--
Snacks of Choice		Annie's Apple and Raspberry 100% Fruit Bar	Apple Puree (90%), Raspberry Puree (10%).	20	68	0.5	58.5	5	--
Snacks of Choice		Annie's Apple and Strawberry 100% Fruit Bar	Apple Puree (89%), Strawberry Puree (11%).	20	68	0.5	61.0	5	--
Snacks of Choice		Bravo Season Freeze Dried Mango	Mango This product was produced in a factory where tree nuts & nut products are also handled.	25	89	2.0	72.0	4	6.8
Snacks of Choice		Delicious Orchard Freeze-dried Fig Slices	Fig	20	61	0.0	75.0	10	7.0
Snacks of Choice		Delicious Orchard Freeze-dried Lychee Slices	Lychee	20	71	0.0	75.0	5	7.5
Snacks of Choice		Delicious Orchard Freeze-dried Pear Slices	Pears	20	70	1.0	59.5	60	6.3
Snacks of Choice		Disney Junior Brothers All Natural Fruit Crisps Freeze-dried, Sliced Asian Pears	Asian Pears	10	40	0.0	70.0	0	10.0



## Database of Prepackaged Snacks – Food

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 of Choice		Disney Mickey Mouse & Friends California Raisins	Raisins	14	42	0.0	72.5	25	5.0
Snacks of Choice		forager fruits freeze-dried apple wedges	100% Australian Apple	20	70	0.7	75.7	10	--
Snacks of Choice		forager fruits freeze-dried blueberries	100% Australian Blueberries	15	57	0.0	74.0	0	--
Snacks of Choice		forager fruits freeze-dried cherries	100% Tasmanian Cherries May contain cherry pit or fragment.	15	41	1.0	54.5	0	--
Snacks of Choice		forager fruits freeze-dried mango bites	100% Australian Grown Mangoes	15	44	0.9	55.9	4	--
Snacks of Choice		greenday CRISPY BANANA	Banana 100%	12	45	0.0	75.0	0	8.3
Snacks of Choice		greenday CRISPY MANGO	Mango 100%	16	60	0.0	81.3	0	6.3
Snacks of Choice		Kooky Freeze Dried Mango	Mango 100%, No Flavouring & No Coloring, No Preservatives. Contains natural fruit sugar.	12	46	0.0	65.0	0	--
Snacks of Choice		M&S FOOD dried apple crisps	Apples (100%)	18	61	0.8	67.2	4	10.3
Snacks of Choice		M&S FOOD dried melon crisps	Honeydew Melon, Galia Melon.	18	58	0.2	63.8	4	16.5











## Database of Prepackaged Snacks – Food

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 of Choice		M&S FOOD dried pineapple crisps	Pineapple (100%)	18	61	0.1	68.1	4	10.4
Snacks of Choice		M&S FOOD TASTE buds RAISINS	Raisins	14	42	0.4	69.3	60	4.2
Snacks of Choice		Meadows CALIFORNIA RAISINS	RAISINS	14	48	0.1	25.1	32	3.5
Snacks of Choice		Sanmaeul Dried Strawberry	100% Strawberry	13	50	0.6	78.1	9	5.5
Snacks of Choice		Serena Natural Gold Pitted Cherries	Dried Sweet Gold/White Cherries, Pitted. No Preservative, No Added SO2, No Added Sugar. Contains Naturally Occuring Sugars. Attention! The Product Has Been Pitted, But May It Contain Some Broken or Whole Pits.	30	88	0.1	65.4	4	--
Snacks of Choice		Serena Natural Pitted Tart Cherries	Dried Sour Cherries, Pitted. No Preservative, No Added SO2, No Added Sugar. Contains Naturally occuring Sugar. Attention! The Product Has Been Pitted, But May It Contain Some Broken or Whole Pits.	30	89	0.2	57.4	12	--
Snacks of Choice		Serena Organic Dried Black Pitted Cherries	Dried Organic Sweet Black Cherries, Pitted. Contains Naturally Occurring Sugars. Attention! The Products Has Been Pitted, But May It Contain Some Broken or Whole Pits.	30	61	0.1	66.9	4	--
Snacks of Choice		SnackMate Keo Mango Chips	100% Keo Mango	30	106	2.3	79.7	7	8.7
Snacks of Choice		SnackMate Pitted Prunes	Pitted Prunes, Preservative (Potassium Sorbate).	24	61	0.0	36.3	8	8.3
Snacks of Choice		Soul Fruit 100% Natural Jack Fruit Chips	100% Jackfruit Allergens: Our Packing Facility May Process Nut Products.	20	77	2.0	62.5	0	7.6

## Database of Prepackaged Snacks – Food









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 of Choice		Soul Fruit 100% Natural Keo Mango Chips	100% Keo Mango Allergens: Our Packing Facility May Process Nut Products.	20	76	0.5	60.4	0	5.6
Snacks of Choice		SUN-MAID California Sun-Dried ORGANIC RAISINS	ORGANIC RAISINS	14	41	0.2	64.0	25	4.4
Snacks of Choice		SUN-MAID Natural California Raisins	CALIFORNIA SEEDLESS RAISINS	14	44	0.7	71.4	10	5.8
Snacks of Choice		Sunny Fruit Organic Dried Apricots	Organic Dried Apricots, Water.	50	120	0.0	52.0	10	8.0
Snacks of Choice		Sunny Fruit Organic Dried Figs	Organic Dried Figs, Water.	50	120	0.0	46.0	10	10.0
Snacks of Choice		Sunny Fruit Organic Dried Prunes	Organic Dried Prunes, Water.	30	70	0.0	40.0	0	--
Snacks of Choice		SUNSWEET NO. 1 PITTED PRUNES	Pitted California Prunes (Dried Plums), Potassium Sorbate (As a preservative).	9	21	0.0	35.0	0	7.5
Snacks of Choice		Wel-B Freeze-dried Apple	Apple 100%	12	43	0.3	79.2	8	9.2
Snacks of Choice		Wel-B Freeze-dried Apricot	Apricot 100%	14	54	0.7	75.0	29	1.4
Snacks of Choice		Wel-B Freeze-dried Peach	Peach 100%	14	53	0.0	80.7	29	1.4

## Database of Prepackaged Snacks – Food









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 of Choice		Wel-B Freeze-dried Strawberry	Strawberry 100%	14	53	0.7	57.1	14	1.4
Snacks of Choice		Wel-B Freeze-dried Strawberry and Banana	Banana 70%, Strawberry 30%.	16	60	0.6	81.9	25	1.3
Snacks to Choose in Moderation		Delicious Orchard Freeze-dried Apple Slices	Apples	20	60	1.3	77.9	171	3.7
Snacks to Choose in Moderation		Delicious Orchard Freeze-dried Peach Slices	Peach, Sugar.	20	80	0.2	89.4	30	1.4
Snacks to Choose in Moderation		Delicious Orchard Freeze-dried Strawberries Whole	Strawberries, Sugar.	20	70	1.0	83.8	26	3.3
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	0.0
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		Jayon Tree 韓國蘋果片^	蘋果	20	81	5.0	80.0	5	--
Snacks to Choose in Moderation		Meadows FREEZE-DRIED STRAWBERRIES	STRAWBERRIES, SUGAR.	12	46	0.6	78.1	9	5.5












## Database of Prepackaged Snacks – Food

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		Serra BioFrutto Organic Apricot Soft Fruit Bar	Apricot puree* 90%, concentrated apple juice*, dried apple*, apple fiber*, gelling agent: pectin. *Organic Ingredients. May contain soy, milk and products thereof, nuts.	30	85	0.0	56.7	40	--
Snacks to Choose in Moderation		Serra BioFrutto Organic Peach Soft Fruit Bar	Peach puree*90%, concentrated apple juice*, dried apple*, apple fiber*, gelling agent: pectin. *Organic Ingredients. May contain soy, milk and products thereof, nuts.	30	86	0.0	53.3	40	--
Snacks to Choose in Moderation		Serra BioFrutto Organic Wildberry Soft Fruit Bar	Pulp of apple*, apple juice concentrate*, Wild berries pulp* 15% (currants*, mulberry*, bilberry*, strawberry*), dried apple*, apple fiber*, gelling agent: pectin. *Organic Ingredients. May contain soy, milk and products thereof, nuts.	30	86	0.0	60.0	40	--
Snacks to Choose in Moderation		SnackMate Dragon Fruit Chips	100% Red & White Dragon Fruit.	30	107	5.7	64.7	7	7.3
Snacks to Choose in Moderation		SnackMate Whole Dried Blueberries	Blueberries, Sugar, Sunflower Oil.	15	44	2.0	61.3	20	16.7
Snacks to Choose in Moderation		SnackMate Whole Dried Cranberries	Cranberries, Sugar, Sunflower Oil.	25	87	0.0	72.0	12	6.0
Snacks to Choose in Moderation		Soul Fruit 100% Natural Dragon Fruit Chips	100% Red & White Dragon Fruit. Allergens: Our Packing Facility May Process Nut Products.	20	81	5.5	52.4	0	8.7
<b>Meat, Fish, Egg and Alternatives</b>									
Snacks to Choose in Moderation		ACE Sleeve Fish Slice	Squid, Sugar, Salt, Chilli Powder, Soy Sauce (Soybeans, Salt, Wheat), Flavour Enhancers (E621). Allergy Warning: This product contains soybeans and cereals containing gluten product.	16	50	3.7	3.6	237	--











## Database of Prepackaged Snacks – Food

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)
Nuts									
Snacks to Choose in Moderation		Blue Diamond Roasted Salted Almonds	Almonds (Tree Nuts), Vegetable Oil (Canola Oil and/or Safflower Oil), Sea Salt. May contain traces of milk products, soyabeans, peanuts, wheat and other tree nuts.	14	87	56.0	4.4	301	10.1
Snacks to Choose in Moderation		Blue Diamond Smokehouse Almonds	Almonds (Tree Nuts), Vegetable Oil (Canola Oil and/or Safflower Oil), Sea Salt, Maltodextrin, Natural Hickory Smoke Flavor, Yeast, Hydrolyzed Corn and Soya Protein, Natural Flavors. May contain traces of milk products, soyabeans, peanuts, wheat and other tree nuts.	14	86	54.9	4.3	541	9.9
Chestnuts									
Snacks of Choice		Dessert Duet Chestnut	Chestnut	40	75	1.2	9.6	1	6.5
Snacks of Choice		Four Seas Skysail Chestnut	Chestnut (Tree Nuts)	40	74	1.1	10.0	6	--
Snacks of Choice		JAS MARUSEI ORGANIC PEELED CHESTNUTS	Organic Chestnut This product contains nut.	50	90	0.8	12.0	1	--
Snacks of Choice		Matsu Kiyo Organic Peeled Chestnuts	Peeled Organic Chestnuts (from Tientsin)	40	66	1.1	7.1	0	6.2
Snacks of Choice		PANDO Organic Peeled Roasted Chestnuts	Organic Peeled Roasted Chestnuts This is product contains tree nuts.	50	88	1.4	5.5	0	5.5
Snacks of Choice		韓印紅公州栗子^	栗子100%(韓國產)	50	64	0.0	4.0	30	--

## Database of Prepackaged Snacks – Food











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)
Dairy Products									
Snacks of Choice		CASINO PLAIN YOGHURT	Milk at 15g per liter of fat, skimmed milk, milk enzymes. Allergen Warning: Milk.	125	53	1.0	4.6	52	--
Snacks of Choice		Chobani Greek Yogurt Natural Light	Skim Milk, Live Yogurt Cultures. Contains Milk.	100	58	0.2	3.3	32	--
Snacks of Choice		DELTA Authentic Greek Yogurt 0% Fat	Pasteurized skim milk, yoghurt live culture. Non-fat solids: 15.0%.	150	84	0.0	3.8	48	--
Snacks of Choice		Emmi SWISS PREMIUM GREEK STYLE YOGURT Natural	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		Emmi SWISS PREMIUM YOGURT Plain	Swiss milk, milk proteins, heat-treated fermented dairy solids, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	56	1.5	5.0	50	--
Snacks of Choice		M&S AUTHENTIC GREEK YOGURT 0% FAT	Rich & creamy strained Greek yogurt with live cultures. Contains Milk.	200	124	0.2	3.2	20	0.1
Snacks of Choice		meiji CP-meiji Natural Low Fat Yoghurt	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Thickener (E1422, E1442, E440), Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus.	135	85	1.9	4.6	61	0.0
Snacks of Choice		MEVGAL AUTHENTIC GREEK YOGURT 2% FAT	Pasteurized skimmed cow <b>milk</b> , <b>milk</b> cream, <b>milk</b> protein, <b>yogurt</b> culture.	150	107	2.0	4.9	44	--
Snacks to Choose in Moderation		CASINO ORG PLAIN YOGURTS	Partly skimmed milk, skimmed milk powder, lactic acid bacteria. Ingredients from organic farming.	125	81	3.3	4.1	60	0.0

## Database of Prepackaged Snacks – Food

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		CASINO PLAIN BIFIDUS YOGURTS	Whole milk, lactose and milk protein, lactic ferments (including Bifidobacterium).	125	76	3.2	4.5	44	--
Snacks to Choose in Moderation		CASINO PLAIN FRESH CHEESE KIDS	Pasteurized skim milk, pasteurized cream, selected lactic acid bacteria, preservative (E203).	60	86	10.0	3.2	20	0.0
Snacks to Choose in Moderation		Chobani Greek Yogurt Blueberry	Low Fat Yogurt (82%) [Skim Milk, Live Yogurt Cultures], Blueberry Blend (18%), Blueberries (45%), Sugar, Water, Thickeners (Fruit Pectin, Locust Bean Gum), Natural Flavours, Stabilizer (Calcium Citrate), Acidity Regulators (Citric Acid, Sodium Citrate). Contains Milk.	100	78	0.2	9.9	28	--
Snacks to Choose in Moderation		Chobani Greek Yogurt Passion Fruit	Low Fat Yogurt (82%) [Skim Milk, Live Yogurt Cultures], Passion Fruit Blend (18%), Sugar, Passion Fruit (33%), Water, Thickeners (Fruit Pectin, Locust Bean Gum), Acidity Regulators (Citric Acid, Sodium Citrate), Stabilizer (Calcium Citrate), Natural Flavours. Contains Milk.	100	76	0.2	9.1	37	--
Snacks to Choose in Moderation		DANONE Activia Yogurt - Cherry	Whole milk, cherry (8%), concentrated and powdered skimmed milk, sugar (6.2%), tapioca starch, cream, natural flavours, lactic ferments Including Bifidobacterium (Bifidus ActiRegulatrix®), thickener (440), carrot and blueberry juice concentrate, milk minerals concentrate.	125	111	2.9	11.5	56	--
Snacks to Choose in Moderation		DANONE Activia Yogurt - Figs	Whole milk (origin: France), concentrated or powdered skimmed milk (origin: EU), figs (8%), sugar (5.9%), cream (milk) (origin: France), tapioca starch, lemon concentrate, carrot concentrate, thickener (fruit pectin), natural flavor (milk), milk mineral concentrate, ferments (including yogurt ferments and Bifidobacterium (milk)).	125	115	2.9	12.2	56	--
Snacks to Choose in Moderation		DANONE Activia Yogurt - Strawberry	Whole milk, strawberry (8.3%), concentrated and powdered skimmed milk, sugar (6.4%), cream, thickener (fruit pectin), lemon juice concentrate, black carrot juice concentrate, natural flavor (milk), milk mineral concentrate, ferments (including yogurt cultures & bifidobacterium (milk)).	125	110	2.8	11.4	56	--
Snacks to Choose in Moderation		DANONE Activia Yogurt with Bifidus - Natural	Part-skimmed milk 3.2% fat (98.5%), concentrated or powdered skimmed milk, ferments (including yoghurt ferments and Bifidobacterium) (milk).	125	76	3.2	4.6	48	--
Snacks to Choose in Moderation		Danone Veloute Fruit Yogurt - Strawberry	Yogurt (Milk, Cultures) (84.6%), Sugar (8.2%), Strawberry (5%), Thickener (Modified Starch), Carrot and Purple Carrot Concentrates, Flavoring, Acidity Regulators (331, 330).	125	116	2.7	13.1	48	--
Snacks to Choose in Moderation		Danone Veloute Yoghurt - Natural	Whole Milk (74.3%), Concentrated and Powdered Skimmed Milk (23.8%), Cream (Milk) (1.8%), Lactic Ferments (Milk).	125	90	3.2	5.9	64	--




## Database of Prepackaged Snacks – Food

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		Ella's Kitchen Berry Yoghurt	Organic Greek Style Yoghurt (milk) 34%, Organic Apple 31%, Organic Bananas 22%, Organic Blackcurrants 7%, Organic Blueberries 5%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	84	3.4	11.1	20	1.6
Snacks to Choose in Moderation		Ella's Kitchen Mango Yoghurt	Organic Greek Style Yoghurt (milk) 37%, Organic Mangoes 31%, Organic Apples 20%, Organic Bananas 11%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	84	3.7	11.1	20	1.6
Snacks to Choose in Moderation		Ella's Kitchen Strawberry Yoghurt	Organic Greek Style Yoghurt (milk) 37%, Organic Strawberries 30%, Organic Bananas 22%, Organic Apples 10%, Organic Rice Starch 1%, Organic Lemon Juice Concentrate (a dash), Other Stuff 0%.	90	79	3.6	9.5	20	1.5
Snacks to Choose in Moderation		Elle & Vire Dairy Dessert - Apricot	Heat-treated fermented milk, liquid sugar, lactose solution, water, apricot, thickeners (E1422, E406), stabilizer (E440), colour (E160a, E163), milk proteins, artificial flavour. Contains milk.	125	114	1.5	15.1	40	--
Snacks to Choose in Moderation		Elle & Vire Dairy Dessert - Strawberry	Heat-treated fermented milk, liquid sugar, lactose solution, strawberry, water, thickeners (E1422, E406), stabilizer (E440), colour (E120), milk proteins, artificial flavour. Contains milk.	125	114	1.5	15.3	40	--
Snacks to Choose in Moderation		Emmi SWISS PREMIUM YOGURT Aloe Vera	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 YOGURT Apple	Swiss milk, fruit preparation (apples, sugar, modified starch, 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 YOGURT Apricot	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 YOGURT Blueberry	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 YOGURT Mango	Swiss milk, fruit preparation (mangos, sugar, modified starch, flavour, preservatives sorbic acid), sugar, milk proteins, live lactic cultures (Sc. thermophilus, Lb. bulgaricus, Lb. acidophilus).	100	95	1.5	15.0	40	--

## Database of Prepackaged Snacks – Food

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		Emmi SWISS PREMIUM YOGURT Pineapple	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 YOGURT Pink Grapefruit	Swiss milk, fruit preparation (grapefruits, sugar, modified starch, lemon juice concentrate, grapefruit 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 YOGURT Raspberry	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 YOGURT Strawberry	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 PROBIOTIC YOGURT HONEY	<b>MILK, MILK SOLIDS, WATER, HONEY (4%), SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), CARAMELISED SUGAR, LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS &amp; L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.</b>	90	86	2.9	12.3	49	0.1
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT MANGO	<b>MILK, MILK SOLIDS, MANGO PUREE (5.9%), WATER, SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, NATURAL COLOUR (CAROTENE), MILK MINERALS, LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS &amp; L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.</b>	90	85	2.9	11.6	63	0.1
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT STRAWBERRY	<b>MILK, MILK SOLIDS, SUGAR, STRAWBERRY (5.7%) (PUREE, RECONSTITUTED JUICE), WATER, CREAM (MILK) THICKENER (MODIFIED STARCH), FLAVOURS, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), NATURAL COLOUR (CARMINES), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS &amp; L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.</b>	90	89	2.9	12.7	51	0.1
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE PROBIOTIC YOGURT VANILLA	<b>MILK, MILK SOLIDS, WATER, SUGAR, CREAM (MILK), THICKENER (MODIFIED STARCH), NATURAL FLAVOUR, ACIDITY REGULATORS (SODIUM CITRATE, CITRIC ACID), NATURAL COLOUR (CAROTENE), VANILLA BEAN SEED (0.01%), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS &amp; L. BULGARICUS, PROBIOTIC CULTURES (MILK): B. lactis (BB-12™). CONTAINS MILK.</b>	90	89	2.9	12.7	63	0.1

## Database of Prepackaged Snacks – Food

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 WITH A HINT OF REAL MANGO	MILK, MILK SOLIDS, WATER, MANGO (5%), SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, NATURAL COLOUR (CAROTENE), MILK MINERALS, YOGURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	109	2.9	9.3	50	--
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE YOGURT WITH A HINT OF REAL STRAWBERRY	MILK, MILK SOLIDS, STRAWBERRY (5%) (PUREE, RECONSTITUTED JUICE), WATER, SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, NATURAL COLOUR (CARROT CONCENTRATE), MILK MINERALS, YOGURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	109	2.9	9.3	50	--
Snacks to Choose in Moderation		FARMERS UNION GREEK STYLE YOGURT WITH A HINT OF REAL VANILLA BEAN	MILK, MILK SOLIDS, WATER, SUGAR, CREAM, THICKENER (1442), NATURAL FLAVOUR, ACIDITY REGULATORS (CITRIC ACID, SODIUM CITRATE), VANILLA BEAN SEED (0.01%), NATURAL COLOUR (CAROTENE), YOGHURT CULTURES: S. THERMOPHILUS, L. BULGARICUS, B. LACTIS. CONTAINS MILK.	130	121	2.9	11.3	50	--
Snacks to Choose in Moderation		Glenisk Organic Baby Fromage Frais - Apricot	Pasteurized Organic Milk, Organic Apricot Puree (7%), Organic Banana Puree (7%), Organic Mango Puree (6%), Organic Cream (Milk), Natural Multifruit Flavouring, Organic Lemon Juice Concentrate, Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	45	4.1	5.8	32	--
Snacks to Choose in Moderation		Glenisk Organic Baby Fromage Frais - Mango	Pasteurized Organic Milk, Organic Mango Puree (7%), Organic Apple Puree (6%), Organic Banana Puree (6%), Organic Cream (Milk), Natural Multifruit Flavouring, Organic Vanilla Extract, Organic Lemon Juice Concentrate, Culture (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	45	4.1	5.9	32	--
Snacks to Choose in Moderation		Glenisk Organic Baby Fromage Frais - Natural	Pasteurized Organic Milk, Organic Cream (Milk), Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	60	46	4.9	4.1	40	--
Snacks to Choose in Moderation		Glenisk Organic Kids Yogurt - Strawberry	Pasteurized Organic Milk, Organic Strawberries (9%), Organic Cane Sugar, Organic Cream (Milk), Organic Maize Starch, Natural Strawberry Flavouring, Organic Lemon Juice Concentrate, Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus).	90	81	4.2	8.7	36	--
Snacks to Choose in Moderation		Glenisk Organic Kids Yogurt - Vanilla	Pasteurized Organic Milk, Organic Cream (Milk), Organic Maize Starch, Natural Vanilla Flavouring Gelling Agent (Pectin), Cultures (Streptococcus Thermophilus, Bifidobacterium, Lactobacillus Casei, Lactobacillus Bulgaricus), Organic Vanilla Pods (0.01%), Organic Lemon Juice Concentrate, Organic Vanilla Extract (0.01%).	90	84	4.6	8.9	40	--
Snacks to Choose in Moderation		HIRUZEN Jersey Yogurt - White Peach	Fresh milk, white peach juice, sugar, flavoring, acid (citric acid), vitamin C, yogurt culture.	90	85	3.6	12.3	43	--
Snacks to Choose in Moderation		MAITRES LAITIERS CAMPAGNE DE FRANCE Fromage Frais Nature	Pasteurized semi-skimmed milk, lactic ferments.	100	74	3.1	3.9	40	--

## Database of Prepackaged Snacks – Food

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		MAITRES LAITIERS CAMPAGNE DE FRANCE Fromage Frais SAVEUR VANILLE	Fromage frais with pasteurized skimmed milk and cultures 75.6%, water, sugar 8.6%, pasteurized cream, modified starch, flavorings, firming agent (341), acidity regulators (330, 331), color (161b), exhausted ground vanilla bean, thickener (415). Vanilla bark garnish.	100	96	2.5	11.5	36	--
Snacks to Choose in Moderation		meiji CP-meiji Kyoho Grape Flavoured Yoghurt with Nata De Coco	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Nata De Coco with Grape Juice Concentrate in Heavy Syrup, Sugar, Thickener (E1442, E1422), Gelatin, Nature Identical Flavouring, B. lactis, L. acidophilus, L. bulgaricus, and S. thermophilus, Preservative (E211) (Carry Over from Fruit Syrup), Acidity Regulator (E330), Colour (E124, E133).	135	124	2.1	14.2	48	0.3
Snacks to Choose in Moderation		meiji CP-meiji Low Fat Yoghurt with Aloe Vera	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Aloe Vera in Syrup (Aloe Vera, Sugar), Thickener (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus and Streptococcus thermophilus, Acidity Regulator (E330), Preservative (E211) (carry over from Aloe Vera in syrup).	135	115	1.6	10.6	51	0.0
Snacks to Choose in Moderation		meiji CP-meiji Low Fat Yoghurt with Mango	Yoghurt (from fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Mango in Syrup (Mango, Sugar), Thickener (E1442, E1422, E440), Artificial Flavouring and Nature Identical Flavouring, Acidity Regulator (E330), Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Colour (E102).	135	123	1.6	12.4	59	0.0
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 Product), Milk Fat), Mixed Berry in Syrup (Sugar, Strawberry, Blueberry, Raspberry Juice Concentrate), Thickener (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus and Streptococcus thermophilus, Acidity Regulator (E330), Preservative (E211) (carry over from fruit syrup), Colour (E124, E133).	135	112	1.6	11.8	51	0.6
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 Product), Milk Fat), Nata de Coco in Syrup, (Nata De Coco, Sugar), Thickener (E1442, E1422, E440), Artificial Flavouring and Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity Regulator (E330).	135	120	1.6	12.4	53	0.0
Snacks to Choose in Moderation		meiji CP-meiji Low Fat Yoghurt with Strawberry	Yoghurt (from Fresh Milk, Skimmed Milk Powder, Whey Protein Concentrate (Milk Product), Milk Fat), Strawberry in Syrup (Strawberry, Sugar), Thickener (E1442, E1422, E440), Nature Identical Flavouring, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus, Preservative (E211) (carry over from fruit syrup), Acidity Regulator (E330), Colour (E124).	135	112	1.6	11.8	53	0.6
Snacks to Choose in Moderation		MOVENPICK Greek Style Forest Fruit Yogurt	Milk, Sugar, 1.8% Strawberries, 1.6% Elderberry Juice From Elderberry Juice Concentrate, 1.3% Raspberries, 1.1% Blackberries, Modified Starch, 0.5% Blueberries, Water, Natural Flavouring, Acidity Regulator: Citric Acid; Live Lactic Acid Cultures (Bifidobacterium, Lb. Acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk.	100	117	4.1	13.7	16	--



## Database of Prepackaged Snacks – Food

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		MOVENPICK Greek Style Mango-Vanilla Yogurt	Milk, Sugar, 3.6% Mango, 2.7% Mango Puree, Modified Starch, Water, Vanilla Extract, Colour: Carotene; Natural Flavouring, Acidity Regulator: Citric Acid; Live Lactic Acid Cultures (Bifidobacterium, Lb. Acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk.	100	119	4.1	14.1	16	--
Snacks to Choose in Moderation		MOVENPICK Greek Style Plain Yogurt	Milk, Live Lactic Acid Cultures (Bifidobacterium, Lb. acidophilus, Sc. Thermophilus, Lb. Bulgaricus). This Product Contains Milk	100	89	5.0	4.1	20	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS BLUEBERRY	Milk, sugar, 3% blueberries, modified starch, 2% blueberry puree, concentrate from carrot and beetroot, thickener: pectins; acidity regulator: sodium citrates; natural flavouring, cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	113	4.1	14.2	40	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS MANGO-APRICO	Milk, sugar, 3% apricots, modified starch, 2% mango puree, thickener: pectins; acidity regulator: citric acid; flavouring, colour: carotene; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	112	4.0	14.3	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS PEACH-PASSION FRUIT	Milk, sugar, 5.0% peach, modified starch, 0.4% passionfruit juice from passionfruit juice concentrate, natural flavouring, thickener: pectins; acidity regulator: citric acid, sodium citrates; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	110	4.0	13.8	40	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS RASPBERRY	Milk, sugar, 2.8% raspberry, modified starch, 2.2% raspberry puree, thickener: pectins; natural flavouring, acidity regulator: citric acid; concentrate from carrot, colour: cochineal; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	112	4.0	14.1	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS STRAWBERRY	Milk, sugar, 4.5% strawberries, modified starch, 0.5% strawberry puree, thickener: pectins, concentrate from carrot, acidity regulator: citric acid; flavouring, colour: cochineal; cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	113	4.0	14.5	36	--
Snacks to Choose in Moderation		MOVENPICK PREMIUM MOMENTS SWEETENED	Milk, sugar, modified starch, thickener: pectins; vanilla extract, acidity regulator: citric acid; natural vanilla flavouring, cultures (Lactobacillus delbrueckii subsp. Bulgaricus, Streptococcus thermophilus). This product contains milk.	100	88	4.6	6.5	44	--
Snacks to Choose in Moderation		Nestle Acti-V Probiotic Low Fat Blueberry Yoghurt	Fresh Milk (51%), Water, Blueberry Sauce (17%) (Water, Blueberry, Sugar, Starch, Lemon Juice Concentrate, Flavouring, Stabilizer (Pectins), Milk Solid, Sugar, Enzyme (0.03%), FORTIS®Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	88	1.9	13.9	59	--
Snacks to Choose in Moderation		Nestle Acti-V Probiotic Low Fat Pomegranate And Aloe Vera Yoghurt	Fresh Milk (51%), Water, Pomegranate And Aloe Vera Sauce (17%) (Aloe Vera, Water, Sugar, Pomegranate Juice Concentrate, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum), Acidity Regulator (330, 331, 341)), Milk Solid, Sugar, Enzyme (0.03%), FORTIS®Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products	100	88	1.9	13.9	59	--








## Database of Prepackaged Snacks – Food

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 Probiotic Low Fat Strawberry Yoghurt	Fresh Milk (51%), Water, Strawberry Sauce (17%) (Strawberry, Sugar, Water, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum, Calcium Chloride), Acidity Regulator (330, 331, 341), Fruit and Vegetable Concentrate (Blackcurrant, Carrot), Enzyme, Milk Solid, Sugar, Enzyme (0.03%), FORTIS®Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products.	100	88	1.9	13.9	59	--
Snacks to Choose in Moderation		Nestle Acti-V Probiotic Low Fat White Peach Yoghurt	Fresh Milk (51%), Water, White Peach Sauce (17%) (Water, Sugar, White Peach, White Peach Juice Concentrate, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum), Acidity Regulator (330, 331, 341)), Milk Solid, Sugar, Enzyme (0.03%), Fortis®Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	88	1.9	13.9	59	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Banana Yoghurt	Water, Fresh Milk (21%), Banana Sauce (16%) (Water, Banana Puree, Sugar, Starch, Flavouring, Acidity Regulator (330), Stabilizer (Carob Bean Gum)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Blueberry Yoghurt	Water, Fresh Milk (21%), Blueberry Sauce (16%) (Water, Blueberry, Sugar, Starch, Lemon Juice Concentrate, Flavouring, Stabilizer (Pectins)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Mango Yoghurt	Water, Fresh Milk (21%), Mango Sauce (16%) (Mango, Water, Sugar, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum (Lemon Juice Concentrate, Acidity Regulator (330, 331, 341), Vegetable and Fruit Extract (Pumpkin, Apple)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Passion Fruit Yoghurt	Water, Fresh Milk (21%), Passion Fruit Sauce (16%) (Passion Fruit, Water, Sugar, Starch, Flavouring, Lemon Juice Concentrate, Colour (Carotenes)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Pineapple Yoghurt	Water, Fresh Milk (21%), Pineapple Sauce (16%) (Sugar, Water, Pineapple, Pineapple Juice Concentrate, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum), Acidity Regulator (330, 331, 341), Vegetable and Fruit Extract (Pumpkin, Apple)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Strawberry Yoghurt	Water, Fresh Milk (21%), Strawberry Sauce (16%) (Strawberry, Sugar, Water, Starch, Flavouring, Stabilizer (Pectins, Carob Bean Gum, Calcium Chloride), Acidity Regulator (330, 331, 341), Fruit And Vegetable Juice Concentrate (Blackcurrant, Carrot), Enzyme), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Dairy Farm High Calcium Low Fat Sweetened Natural Yoghurt	Fresh Milk (41%), Water, Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen information: Contains Milk Products.	140	114	2.0	10.5	82	--

## Database of Prepackaged Snacks – Food






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 Dairy Farm High Calcium Low Fat Yuzu Yoghurt	Water, Fresh Milk (21%), Yuzu Sauce (16%) (Water, Sugar, Yuzu Pulp, Starch, Flavouring, Yuzu Juice, Stabilizer (Pectins, Carob Bean Gum, Acidity Regulator (330, 331, 341), Vegetable and Fruit Extract (Pumpkin, Apple)), Milk Solid, Sugar, Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	140	120	1.9	13.4	55	--
Snacks to Choose in Moderation		Nestle Greek Style Yogurt Natural	Water, Milk Solid, Emulsifier (471), Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	125	10.0	5.3	54	--
Snacks to Choose in Moderation		Nestle High Calcium Low Fat Strawberry Yoghurt	Water, Strawberry Sauce (Strawberry, Sugar, Water, Modified Starch, Flavouring, Stabilizer (Carob Bean Gum, Calcium Chloride, Xanthan Gum), Acidity Regulator (330, 331), Colour (163), Enzyme), Milk Solid, Sugar, Modified Starch, Concentrate of Milk Mineral, Live Lactic Culture (100 million per g). Allergen Information: Contains Milk Products.	100	76	1.1	10.7	63	0.0
Snacks to Choose in Moderation		Pauls Greek Style Yogurt Natural	Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	102	5.3	8.5	61	--
Snacks to Choose in Moderation		Pauls Greek Style Yogurt Peach Harvest	Fruit Mix [Sugar, Peach, Stabiliser (E1442, E415), Acidity Regulator (E330, E296), Flavours, Preservative (E202), Colour (E160b), Antioxidant (E300)], Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	122	4.4	15.0	51	--
Snacks to Choose in Moderation		Pauls Greek Style Yogurt Strawberry Field	Fruit Mix [Strawberry, Sugar, Stabiliser (E1442, E440), Chokeberry Concentrate, Flavours, Preservative (E202), Acidity Regulator (E330)], Pasteurized Milk Solids, Milk Fat (Cow's Milk), Stabiliser (E440), Mixed Live Culture (Streptococcus Thermophilus, Lactobacillus Bulgaricus). Contains Milk And Milk Products.	100	122	4.4	15.0	51	--
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	104	3.5	9.0	30	--
Snacks to Choose in Moderation		Trappist Dairy Spooona Yogurt	Fresh Milk, Sugar, Water, Heavy Cream, Whey Protein, Egg Yolk Powder, Emulsifier (E1414, E471), Gelatin, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis subsp. Lactis, Lactococcus Lactis subsp. Cremoris.	120	110	3.5	9.5	40	--
Snacks to Choose in Moderation		Trappist Dairy Spooona Yogurt Low Fat Passion Fruit	Fresh Milk, Water, Sugar, Passion Fruit Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin, Flavour and Flavouring. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--
Snacks to Choose in Moderation		Trappist Dairy Spooona Yogurt Low Fat Plain	Fresh Milk, Water, Sugar, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--

## Database of Prepackaged Snacks – Food

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		Trappist Dairy Spoona Yogurt Low Fat Strawberry	Fresh Milk, Water, Sugar, Strawberry Sauce, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Emulsifier (E1414, E471), Gelatin, Flavour and Flavouring. Allergen Information: Contains milk products.	90	75	2.8	9.6	29	--
Snacks to Choose in Moderation		Village Dairy Natural Greek-Style Bio-Live Yogurt	Bio-Live Yogurt (Milk), Cream (Milk), Bio-Live Cultures, Lactobacillus Acidophilus and Bifidobacterium.	125	113	3.9	7.9	40	--
Snacks to Choose in Moderation		VRAI Organic Goat Milk Yogurt - Nature	Goat Milk Concentrate*, Selected Lactic Ferments (Milk). * From Organic Agriculture.	125	96	4.9	3.5	28	--
Snacks to Choose in Moderation		Yoplait Peppa Pig Strawberry Fromage Frais	FROMAGE FRAIS (PASTEURISED SKIMMED MILK, CREAM, LACTIC CULTURES (MILK)), SUGAR, WATER, STRAWBERRY PUREE FROM CONCENTRATE, MODIFIED MAIZE STARCH, COLOUR (ANTHOCYANINS, CAROTENES), NATURAL FLAVOURING, EMULSIFIER (CALCIUM PHOSPHATE), STABILISER (GUAR GUM), ACIDITY REGULATOR (CITRIC ACID), VITAMIN D.	45	40	2.4	10.0	52	--
Snacks to Choose in Moderation		Yoplait Petit Miam Blueberry Yoghurt	MILK (min. 70%) [MILK, SLIM MILK], SUGAR, MILK SOLIDS, WATER, BLUEBERRY (3%), APPLE JUICE CONCENTRATE, THICKENER (MODIFIED STARCH 1442), FIRMING AGENT (MINERAL SALT 341), NATURAL FLAVOURS, ACIDITY REGULATOR (331,296), VITAMIN D, YOGHURT CULTURES (S. THERMOPHILUS, L BULGARICUS, B. LACTIS). CONTAINS MILK.	70	51	2.3	7.7	48	--
Snacks to Choose in Moderation		Yoplait Petit Miam Strawberry Yoghurt	MILK (min. 70%) [MILK, SLIM MILK], SUGAR, MILK SOLIDS, WATER, STRAWBERRY (4%), APPLE JUICE CONCENTRATE, THICKENER (MODIFIED STARCH 1442), FIRMING AGENT (MINERAL CALCIUM 341), NATURAL FLAVOURS, BLACK CARROT & BLACKCURRANT CONCENTRATE, ACIDITY REGULATOR (331, 296), VITAMIN D, YOGHURT CULTURES (S. THERMOPHILUS, L BULGARICUS, B. LACTIS). CONTAINS MILK.	70	50	2.3	7.6	46	--
Snacks to Choose in Moderation		Yoplait Petit Miam Vanilla Yoghurt	MILK (min.70%) [MILK, SLIM MILK], SUGAR, MILK SOLIDS, WATER, THICKENER (1442), FIRMING AGENT (MINERAL CALCIUM 341), NATURAL FLAVOURS, ACIDITY REGULATOR (330), VITAMIN D, YOGHURT CULTURES (S. THERMOPHILUS, L BULGARICUS, B. LACTIS). CONTAINS MILK.	70	51	2.3	7.6	44	--



## Database of Prepackaged Snacks – Food

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)
Other Food Items									
Snacks to Choose in Moderation		M&S FOOD houmous and lime flavour popped potato snacks	Dried Potatoes (44%), Rice Flour, Rapeseed Oil, Houmous and Lime Flavour Seasoning (Ground Spices, Sugar, Dried Onions, Dried Garlic, Dried Lime Juice, Dried Red Peppers, Dried Lemon Juice, Dried Herbs, Acid: Citric Acid, Salt, Flavouring, Yeast Extract, Spice Extract), Cornflour, Potato Starch, Sugar, Salt, Vitamin D. Prepared to a Vegan recipe. Not suitable for Milk allergy sufferers because this allergen is present in the environment.	23	94	9.4	4.8	452	3.9
Snacks to Choose in Moderation		M&S FOOD sea salt and apple cider vinegar flavoured popped potato snacks	Dried Potatoes (45%), Rice Flour, Rapeseed Oil, Potato Starch, Cornflour, Dried Apple Cider Vinegar, Sugar, Salt, Dried Vinegar, Acid: Citric Acid, Flavouring, E508 Potassium Chloride, Sea Salt, Vitamin D. Prepared to a Vegan recipe. Not suitable for those with a Milk allergy because this allergen is present in the environment.	23	89	6.2	2.8	520	7.5
Snacks to Choose in Moderation		Mi Su CASA Aomori Apple Kuzukiri Jelly	Water, Isomerized Liquid Sugar, Aomori Apple Juice Concentrate, Sugar, Aomori Apple, Thickener (410, 415, 418, 407), Lemon Juice, Stabilizer (331iii), Antioxidant (330), Flavour and Flavouring, Thickener (327), Kudzu Powder, Emulsifier (475, 322i), Agar, Antioxidant (300). Contains soyabean products. Produced in a factory where cereals containing gluten, crustacea, egg, peanut, milk, tree nuts and nut products are also handled.	150	110	0.0	11.9	45	--
Snacks to Choose in Moderation		MORINAG MILK PUDDING	Milk, Skimmed Milk Powder, Sugar, Cream, Starch, Dextrin, Gelatin, Gelling Agent (E406), Flavor, Emulsifier (E473). Contains Milk and Milk Product, Gelatin.	85	82	3.2	13.5	71	--
Snacks to Choose in Moderation		Santiveri No Sugar Gluten Free Source of Fibre Corn Cakes Coated with Dark Choco	Chopped corn (54.6%), dark chocolate coating (45%) [cocoa paste, maltitol, cocoa butter, skimmed cocoa powder, emulsifier ( <b>soy</b> lecithin, glycerol polyricinoleate), vanilla natural aroma], extra virgin olive oil, emulsifier (sunflower lecithin). May contain traces of <b>milk</b> , <b>shell nuts</b> and <b>peanuts</b> . An excessive consumption may have a laxative effect.	25	85	18.3	0.5	16	--

Date of last review: January 2024