

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 to Choose in Moderation		BESTbuy Malkist Crackers	Wheat Flour, Palm Oil, Sugar, Malt Extract, Salt, Maltose, Yeast, Raising Agent (E500(ii)). This product contains cereals containing gluten.	22	100	16.3	5.1	463	2.2
Snacks to Choose in Moderation		Bourbon Five Grain Biscuits	Wheat Flour, Whole Wheat Flour, Vegetable Fat And Oil (Contains Sesame), Sugar, Milk Based Foods, Black Soybean Powder, Sesame Paste, Salt, Brown Rice, Shortening, Sesame, Barley Flour, Defatted Wheat Germ, Yeast, Mochiawa Powder, Glutinous Prosomillet Powder, Yeast Extract Powder, Raising Agent (E500 (ii), E503 (ii)), Modified Starch (From Wheat), Emulsifier (E473, E322 (From Soybean)), Flavours (From Sesame), Enzyme, Yeast Food (From Wheat), Antioxidant (Vitamin E), Vitamin C. Contains cereals containing gluten, milk, soybean products. May contain traces of egg products.	18	80	14.8	13.1	455	5.1
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. Factory may produce peanut, nut & egg products.	12	57	16.7	15.0	92	6.7
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, tree nuts and milk.	25	94	1.0	8.0	460	2.6
Snacks to Choose in Moderation		MADEGOOD Crispy Squares Vanilla	Rice crisps* (Rice*, Cane Juice Sugar*, Salt, Brown Rice Syrup*), Invert Cane Syrup*, Brown Rice Syrup*, Vegetable Glycerin*, Water, Palm Fruit Oil*†, Inulin*, Rice Protein*, Natural Flavor*, Tapioca Starch*, Sea Salt, Vegetable Extracts (Broccoli, Spinach, Shiitake Mushroom, Beet), Xanthan Gum, Vanilla Extract*. *Organic. †Sustainable.	22	80	2.3	31.8	455	4.5
Snacks to Choose in Moderation		MADEGOOD Organic Chewy Granola Bars Mixed Berry	Pure Gluten Free Oats*, Agave Syrup*, Brown Rice Syrup*, Raisins*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Gluten Free Oat Flour*, Dried Cranberries* (Cranberries*, Apple Juice Concentrate*, Sunflower Oil*), Currants*, Freeze-dried Raspberries*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli), Agar*. *Organic.	24	100	8.3	25.0	21	8.3
Snacks to Choose in Moderation		MADEGOOD Organic Granola Bites Chocolate Banana	Pure Gluten Free Oats*, Dried Banana*, Chocolate Chips (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Cane Sugar*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Tapioca Starch*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli), Natural Flavor*. *Organic.	24	100	14.6	25.0	21	8.3

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Snacks to Choose in Moderation		MADEGOOD Organic Granola Bites Chocolate Chip	Pure Gluten Free Oats*, Chocolate Chips* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Cane Sugar*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Dried Apple*, Tapioca Starch*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli). *Organic.	24	110	16.7	25.0	21	8.3
Snacks to Choose in Moderation		MADEGOOD Organic Granola Bites Strawberry	Pure Gluten Free Oats*, Cane Sugar*, Dried Strawberries* (Strawberries*, Apple Juice Concentrate*, Rice Flour*, Sunflower Oil*), Dried Apple*, Sunflower Oil*, Invert Cane Syrup*, Brown Rice Crisps* (Brown Rice Flour*, Brown Rice Syrup*, Sea Salt), Inulin*, Tapioca Starch*, Natural Flavor*, Vegetable Extracts (Shiitake Mushroom, Spinach, Beet, Broccoli). *Organic.	24	100	10.4	25.0	21	8.3
Snacks to Choose in Moderation		Meadows 5 RED MIX WHEAT SALTINES	WHEAT FLOUR, PALM OIL, ONION POWDER [YELLOW ONION (4.2%), RED ONION (0.04%)], BEAN & GRAIN POWDER MIX [RED RICE (0.6%), RED BEAN (0.5%), RED DATES (0.4%), PEANUT (0.3%), WOLFBERRY (0.2%)], SALT, COLOUR [INS162], CALCIUM CARBONATE, YEAST, RAISING AGENT [INS500(ii)], COLOUR [INS100(ii)]. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT), PEANUTS AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE EGGS, MILK, SOYBEANS, TREE NUTS AND NUTS AND THEIR PRODUCTS ARE ALSO HANDLED.	19	85	17.1	2.9	538	2.7
Snacks to Choose in Moderation		Meadows OAT SALTINES	WHEAT FLOUR (77%), PALM OIL, OAT CHIPS (5%), SALT, CALCIUM CARBONATE, RAISING AGENT [INS500(ii)], YEAST. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT AND OAT) AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE GLUTEN (BARLEY), EGGS, MILK, TREE NUTS AND NUTS, PEANUTS, SULPHITE, SOYBEANS AND THEIR PRODUCTS ARE ALSO HANDLED.	19	86	21.2	0.7	470	3.0
Snacks to Choose in Moderation		Meadows ORIGINAL SALTINES	WHEAT FLOUR (79%), PALM OIL, CALCIUM CARBONATE, SALT, YEAST, RAISING AGENT [INS500(ii)]. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT) AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE EGGS, MILK, TREE NUTS AND NUTS, PEANUTS, SULPHITE, SOYBEANS AND THEIR PRODUCTS ARE ALSO HANDLED.	19	91	23.9	0.0	466	3.1
Snacks to Choose in Moderation		Meadows REDUCED SALT - FLAXSEED SALTINES	WHEAT FLOUR, WATER, SHORTENING (PALM OIL), FLAXSEED (4%), CORN STARCH, RAISING AGENTS [INS503 (ii), INS500(ii)] AND FLOUR TREATMENT AGENTS [INS170(i), INS1100, INS1101(i)], SALT, TAPIOCA STARCH, YEAST, XYLANASE. THIS PRODUCT CONTAINS GLUTEN (WHEAT). PROCESSED IN A FACTORY WHERE MILK, EGGS, PEANUTS, SULPHITE, SOYBEANS, FISH, CRUSTACEANS, TREENUTS AND NUTS PRODUCTS ARE ALSO HANDLED.	21	93	15.2	1.2	220	4.0
Snacks to Choose in Moderation		Meadows REDUCED SALT - PLAIN SALTINES	WHEAT FLOUR, WATER, SHORTENING (PALM OIL), CORN STARCH, VEGETABLE OIL (PALM OLEIN), RAISING AGENTS [INS503(ii), INS500(ii)] AND FLOUR TREATMENT AGENTS [INS170(i), INS1100, INS1101(i)], TAPIOCA STARCH, SALT, YEAST, XYLANASE. THIS PRODUCT CONTAINS GLUTEN (WHEAT). PROCESSED IN A FACTORY WHERE MILK, EGGS, PEANUTS, SULPHITE, SOYBEANS, FISH, CRUSTACEAN, TREENUTS AND NUTS PRODUCTS ARE ALSO HANDLED.	21	90	13.6	2.1	316	3.1

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Snacks to Choose in Moderation		Meadows SEAWEED SALTINES	WHEAT FLOUR (77%), PALM OIL, SEAWEED (1.3%), CALCIUM CARBONATE, SALT, YEAST, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN (SOY), MALT EXTRACT (BARLEY), GLUCOSE, PEPPER, GARLIC POWDER, FLAVOUR ENHANCERS (INS621, INS627, INS631), ANTICAKING AGENT (INS551)], RAISING AGENT [INS500(ii)]. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT, BARLEY), SOYBEANS AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE EGGS, MILK, TREE NUTS AND NUTS, PEANUTS, SULPHITE AND THEIR PRODUCTS ARE ALSO HANDLED.	19	85	18.7	0.0	507	3.8
Snacks to Choose in Moderation		Meadows SESAME SALTINES	WHEAT FLOUR (77%), PALM OIL, SESAME (2.8%), CALCIUM CARBONATE, SALT, YEAST, RAISING AGENT [INS500(ii)]. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT) AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE EGGS, MILK, TREE NUTS AND NUTS, PEANUTS, SULPHITE, SOYBEANS AND THEIR PRODUCTS ARE ALSO HANDLED.	19	93	26.0	0.0	454	3.3
Snacks to Choose in Moderation		Meadows SPRING ONION SALTINES	WHEAT FLOUR (77%), PALM OIL, CALCIUM CARBONATE, SPRING ONION (0.9%), SALT, CHICKEN POWDER [CHICKEN MEAT POWDER, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED VEGETABLE PROTEIN (SOY), MALT EXTRACT (BARLEY), GLUCOSE, PEPPER, GARLIC POWDER, FLAVOUR ENHANCERS (INS621, INS627, INS631), ANTICAKING AGENT (INS551)], GARLIC POWDER, YEAST, RAISING AGENT [INS500(ii)]. THIS PRODUCT CONTAINS CEREALS CONTAINING GLUTEN (WHEAT, BARLEY), SOYBEANS AND THEIR PRODUCTS. PRODUCED IN A FACTORY WHERE EGGS, MILK, TREE NUTS AND NUTS, PEANUTS, SULPHITE AND THEIR PRODUCTS ARE ALSO HANDLED.	19	87	20.9	0.0	373	3.6
Snacks to Choose in Moderation		Meiji Plain Crackers	Wheat flour, Vegetable oil (Palm oil, Fully hydrogenated rapeseed oil), Butter (Milk product), 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	116	12.5	1.5	487	1.6
Snacks to Choose in Moderation		Nestlé Finesse Red Berries Breakfast Cereal Bar	Cereal Grains [Wholegrain Wheat (Gluten) (17%), Wholegrain Oats (Gluten) (11%), Rice, Wholegrain Wheat Flour (Gluten) (7%), Rice Flour, Corn Semolina], Glucose Syrup (Wheat), Sugar, Vegetable Oils (Coconut , Shea, Sunflower), Invert Sugar Syrup, Skimmed Milk Powder (Cow's Milk), Humectant (Glycerol), Sweetened Cranberries [Dried Cranberries (2%), Sugar], Powdered Strawberries [Strawberries (1%), Maltodextrin, Acidity Regulator (Citric Acid)], Minerals (Calcium Carbonate, Ferrous Fumarate, Reduced Iron), Maltodextrin, Freeze-Dried Strawberries (1%), Salt, Barley Malt Extract (Gluten), Emulsifier (Lecithin), Natural Flavouring, Vitamins (B3, B5, B9, B6, B2), Acidity Regulator (Citric Acid), Molasses, Antioxidant [Mixed Tocopherol Concentrate (Soya)], Colour (Beta Carotene). Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	24	96	10.2	21.3	170	4.7

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Snacks to Choose in Moderation		Nestlé 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), 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
Snacks to Choose in Moderation		Nestlé KOKO KRUNCH Breakfast Cereal	Cereals Grains [Whole Grain Wheat Flour (34.0%), Wheat Flour (32.0%), Corn Semolina], Sugar, Malt Barley Extract (Malt Barley , Tapioca Starch), Fat-Reduced Cocoa Powder, Minerals (Calcium Carbonate, Reduced Iron), Non-Hydrogenated Palm Oil, Iodized Salt (Sodium Chloride, Potassium Iodate), Stabilizer (Trisodium Phosphate), Flavouring, Antioxidant (Mixed Tocopherols Concentrate), Vitamins (B3, B5, B6, B2, B9). Allergen information: Contains cereals containing gluten and soyabean products. May contain traces of tree nuts and milk products.	25	90	2.4	26.4	180	5.6
Snacks to Choose in Moderation		Nestlé KOKO KRUNCH Breakfast Cereal Bar	Cereal Grains [Wholegrain Wheat Flour (35%), Corn Semolina, Rice Flour], Glucose Syrup, Invert Sugar Syrup, Vegetable Oils (Sunflower, Coconut , Shea), Sugar, Humectants (Sorbitol Syrup, Glycerol), Skimmed Milk Powder, Cocoa Powder (3%), Barley Malt Extract, Minerals (Calcium Carbonate, Ferrous Fumarate), Maltodextrin, Salt, Emulsifier (Lecithin), Vitamins (B3, B5, B9, B6, B2), Antioxidant [Mixed Tocopherol Concentrate (Soya)]. Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	25	105	12.0	22.4	148	5.2
Snacks to Choose in Moderation		Nestlé MILO Breakfast Cereal	Cereal Grains [Whole Grain Wheat Flour (35.2%), Wheat Flour, Corn Semolina], Sugar, Malt Barley Extract (Malt 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), Natural Flavorings, Antioxidant (Mixed Tocopherols Concentrate), Vitamins (B3, B5, B6, B2, 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		Nestlé MILO Breakfast Cereal Bar	Cereal Grains [Wholegrain Wheat Flour (34%), Corn Semolina, Rice Flour], Glucose Syrup, Sugar, Vegetable Oils (Coconut , Shea, Sunflower), Humectants (Sorbitol Syrup, Glycerol), Invert Sugar Syrup, Barley Malt Extract, Skimmed Milk Powder, Minerals (Calcium Carbonate, Ferrous Fumarate), Cocoa Powder, Maltodextrin, Salt, Emulsifier (Lecithin), Vitamins (B3, B5, Folic Acid, B6, B2), Antioxidant [Tocopherol Mixed Concentrate (Soya)]. Allergen information: Contains cereals containing gluten, milk, soyabean and tree nut products.	24	99	10.6	22.6	179	5.1

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Snacks to Choose in Moderation		Pacific Saltine Soda Cracker	Wheat Flour, Non-Hydrogenated Palm Oil (Contains Antioxidant TBHQ (E319)), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Monocalcium Orthophosphate), Milk Powder, Pea Fibre, Whole Wheat Flour 0.9 %, Salt (Contains 3.5 % Sea Salt), Calcium Carbonate, Fresh Yeast, Yeast Extract, Barley Malt Extract, Antioxidant (Ascorbic Acid), Flavours, Emulsifier (Sodium Stearoyl Lactylate). 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	119	21.6	4.2	470	3.0
Snacks to Choose in Moderation		Pacific Sesame Soda Cracker	Wheat Flour, Non-Hydrogenated Palm Oil (Contains Antioxidant TBHQ (E319)), Sesame 1.56%, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Monocalcium Orthophosphate), Pea Fibre, Whole Wheat Flour 0.9%, Salt, Calcium Carbonate, Fresh Yeast, Flavours, Barley Malt Extract, Yeast Extract, Antioxidant (Ascorbic Acid), Emulsifier (Sodium Stearoyl Lactylate). 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	122	22.7	4.5	496	3.2
Snacks to Choose in Moderation		Pacific Spring Onion Soda Cracker	Wheat Flour, Non-Hydrogenated Palm Oil (Contains Antioxidant TBHQ (E319)), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Monocalcium Orthophosphate), Onion Powder, Whole Wheat Flour 0.9%, Pea Fibre, Spring Onion 0.9%, Salt, Calcium Carbonate, Flavours, Fresh Yeast, Barley Malt Extract, Yeast Extract, Emulsifier (Sodium Stearoyl Lactylate). 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	118	21.2	4.2	472	3.3
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 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, BLACK SESAME, PEANUT AND GLUTEN.	28	109	14.6	11.8	0	12.9

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Vegetables									
Snacks to Choose in Moderation		Kwang Cheon Kim Baby Shark Organic Kids Crispy Seaweed	Laver 100% This product is manufactured in a facility that also processes products containing egg, milk, soybean, buckwheat, peanut, wheat, mackerel, crab, shrimp, sulfurous acid, peach, tomato, walnut, chicken, beef, squid, shellfish (oyster, abalone, mussel), pine nut.	2	5	3.8	0.0	250	--
Snacks to Choose in Moderation		PANDO Sweet Corn Kernel	Sweet corn kernel, water, salt.	60	49	2.4	6.4	39	--
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

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Snacks of Choice		Delicious Orchard Freeze-dried Pear Slices	Pears	20	70	1.0	59.5	60	6.3
Snacks of Choice		DJ&A Freeze Dried Blueberries	Blueberry May contain gluten, milk, peanuts, tree nuts, soybeans, sesame, egg, fish, shellfish, lupins, celery and sulphites.	25	87	1.2	71.3	6	12.6
Snacks of Choice		Dovido MULTI KIDS Raisins	Raisins, cotton seed oil.	14	46	0.5	71.0	52	--
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		greenday CRISPY APPLE	Apple 100%, Packaging gas (Nitrogen).	12	45	0.0	75.0	0	8.3
Snacks of Choice		greenday CRISPY MANGO	Mango 100%	9	35	0.0	77.8	0	--
Snacks of Choice		Kooky Freeze Dried Mango	Mango 100%	12	46	0.0	65.0	0	--
Snacks of Choice		RELAX. EAT Freeze Dried Apple Chips	Apple	20	74	1.0	75.0	20	7.5

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Snacks of Choice		RELAX. EAT Freeze Dried Dragon Fruit Chips	Dragon Fruit	20	70	1.5	39.5	20	18.5
Snacks of Choice		RELAX. EAT Freeze Dried Mango Chips	Mango	20	73	1.5	54.5	30	16.0
Snacks of Choice		RELAX. EAT Freeze Dried Pineapple Chips	Pineapple	20	77	0.0	48.5	15	19.0
Snacks of Choice		RELAX. EAT Freeze Dried Strawberry Chips	Strawberry	20	72	1.0	52.5	75	13.5
Snacks of Choice		Serena Natural Gold Pitted Cherries	Dried sweet gold/white cherries, pitted. 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. 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. Attention! The product has been pitted, but may it contain some broken or whole pits.	30	91	0.1	66.9	4	--
Snacks of Choice		SHANYUANZE Dried Pears	Dried Pears	12	32	0.7	57.2	0	7.5
Snacks of Choice		SnackMate Pitted Prunes	Pitted Prunes, Preservative (Potassium Sorbate).	24	61	0.0	36.3	8	8.3

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Snacks of Choice		Soul Fruit 100% Natural Keo Mango Crunchy Chips	Keo Mango Allergens: Our packing facility may process nut products.	20	76	0.5	60.4	0	5.6
Snacks of Choice		SUN-MAID Organic Raisins	Organic Raisins	14	40	0.0	64.3	0	<7.1
Snacks of Choice		SUN-MAID Raisins	Raisins	14	41	0.2	64.0	25	4.4
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 Prunes, Preservative (Potassium Sorbate).	9	21	0.0	35.0	0	7.5
Snacks of Choice		Tan Tan FREEZE DRIED MANGOSTEEN	Mangosteen 100%	30	36	0.5	22.0	0	--
Snacks of Choice		Tan Tan FREEZE DRIED PINEAPPLE	Pineapple 100%	30	117	0.0	80.0	2	--

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Snacks of Choice		That's it. 1 APPLE + 1 MANGO IN THIS FRUIT BAR.	APPLES, MANGOES. May contain occasional stem, seed or pit fragments.	35	100	0.0	65.7	71	8.6
Snacks of Choice		That's it. 1 APPLE + 1 PEAR IN THIS FRUIT BAR.	APPLES, PEARS. May contain occasional stem, seed or pit fragments.	35	100	0.0	68.6	43	8.6
Snacks of Choice		That's it. 1 APPLE + 1/4 PINEAPPLE IN THIS FRUIT BAR.	APPLES, PINEAPPLES. May contain occasional stem, seed or pit fragments.	35	100	0.0	51.4	57	14.3
Snacks of Choice		That's it. 1 APPLE + 12 STRAWBERRIES IN THIS FRUIT BAR.	APPLES, STRAWBERRIES. May contain occasional stem, seed or pit fragments.	35	100	0.0	48.6	86	11.4
Snacks of Choice		That's it. 1 APPLE + 2 FIGS IN THIS FRUIT BAR.	APPLES, ORGANIC FIGS. May contain occasional stem, seed or pit fragments.	35	70	0.0	28.6	0	8.6
Snacks of Choice		That's it. 1 APPLE + 20 BLUEBERRIES IN THIS FRUIT BAR.	APPLES, BLUEBERRIES. May contain occasional stem, seed or pit fragments.	35	100	0.0	54.3	71	11.4
Snacks of Choice		That's it. BLUEBERRY FRUIT BAR	BLUEBERRIES, DATES, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	100	0.0	40.0	0	14.3
Snacks of Choice		That's it. FIG FRUIT BAR	ORGANIC FIGS, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	70	0.0	34.3	0	11.4
Snacks of Choice		That's it. MANGO FRUIT BAR	MANGOES, ACTIVE CULTURES (BACILLUS COAGULANS GBI-30 6086). May contain occasional stem, seed or pit fragments.	35	100	0.0	65.7	0	5.7

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		TRILEZY Freeze-Dried Blueberry	Blueberry	20	73	0.0	67.0	8	15.8
Snacks of Choice		TRILEZY Freeze-Dried Lychee	Lychee	20	74	0.0	76.0	0	7.7
Snacks of Choice		TRILEZY Freeze-Dried Mulberry	Mulberry	20	73	1.2	66.4	0	13.4
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
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

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		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 Whole Strawberries	Strawberries, Sugar.	20	70	1.0	83.8	26	3.3
Snacks to Choose in Moderation		DJ&A Freeze Dried Strawberries	Strawberry, Cane Sugar. May contain gluten, milk, peanuts, tree nuts, soybeans, sesame, egg, fish, shellfish, lupins, celery and sulphites.	25	92	0.9	72.4	8	10.8
Snacks to Choose in Moderation		greenday CRISPY PEACH	Peach 98%, Sugar 2%, Packaging gas (Nitrogen).	12	45	0.0	75.0	0	0.0
Snacks to Choose in Moderation		greenday CRISPY STRAWBERRY	Strawberry 98%, Sugar 2%, Packaging gas (Nitrogen).	12	46	0.0	66.7	0	7.1
Snacks to Choose in Moderation		Ruby Mountain Freeze Dried Peach Slices	Peach, Sugar.	30	112	0.0	86.7	30	1.7
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	95	0.0	56.7	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	51	1.3	73.3	7	6.7

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		Sunny Fruit Organic Infused Dried Strawberry	Organic Infused Dried Strawberries (organic strawberries, organic apple juice concentrate, antioxidant (E300), organic rice flour).	20	60	0.0	65.0	0	0.0
Snacks to Choose in Moderation		TRILEZY Freeze-Dried Whole Strawberry	Strawberry, Sugar.	20	74	0.0	75.2	0	10.9
Meat, Fish, Egg and Alternatives									
Snacks of Choice		PAK FOOK Low Sugar Beancurd Dessert	Water, Soya Bean, Sugar, Acidity Regulator (575), Anti-caking Agent (900a), Emulsifier (491, 475, 473). Allergen information: Contains soyabeans and soyabean products.	229	108	1.8	5.0	7	--
Snacks to Choose in Moderation		TASTAZ Healthy Chicken Breast Jerky	Chicken Breast, Spices, Salt. Processed in a factory that handles soy, eggs, peanuts, and sesame.	25	98	2.8	0.0	317	--
Nuts									
Snacks to Choose in Moderation		BLUE DIAMOND ROASTED SALTED ALMONDS	ALMONDS (TREE NUTS), VEGETABLE OIL (ALMOND OIL, CANOLA OIL, SAFFLOWER OIL AND/OR SUNFLOWER OIL), SEA SALT. MAY CONTAIN TRACES OF MILK PRODUCTS, SOYABEANS, PEANUTS, WHEAT AND OTHER TREE NUTS.	14	85	56.4	3.5	300	10.6
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 SOY 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		759 Store Organic Chestnut	Organic chestnut (tree nut)	60	93	2.0	10.1	0	3.9
Snacks of Choice		759 Store Organic Peeled Chestnut	Organic chestnut 100% (tree nut)	60	93	2.0	10.1	0	3.9

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		Dessert Duet Chestnut	Chestnut	35	65	1.2	9.6	1	6.5
Snacks of Choice		Dessert Duet Organic Chestnut	Chestnut	40	75	1.2	9.6	1	6.5
Snacks of Choice		FRESHNUSS Chestnuts	Organic Peeled Roasted Chestnuts The product contains tree nuts.	50	96	1.5	10.3	0	--
Snacks of Choice		FRESHNUSS Premium Chestnuts	Premium Organic Peeled Roasted Chestnuts The product contains tree nuts.	50	88	1.4	8.5	0	--
Snacks of Choice		MARUSEI ORGANIC PEELED CHESTNUTS	ORGANIC CHESTNUT THIS PRODUCT CONTAINS NUT.	50	90	0.8	12.0	1	--
Snacks of Choice		One Day 100% Chestnuts	100% chestnuts	50	85	0.6	8.0	0	--
Dairy Products									
Snacks of Choice		DANONE Yoghurt - Natural	Skimmed milk, skimmed milk concentrate and powder, cream, ferments. Milk origin: France. Contains milk.	125	56	1.0	5.1	56	--
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		KOLIÓS Authentic Greek Yogurt - Fat Free	Pasteurized skimmed cow's milk, pasteurized skimmed condensed cow's milk, milk proteins, lactic ferments.	150	75	0.0	4.0	60	--

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		KOLIÓS Hercules High Protein Greek Yogurt - 0% Fat	Pasteurized skimmed condensed cow's milk, milk proteins, lactic ferments.	200	112	0.0	4.5	112	--
Snacks of Choice		KOLIÓS Organic Greek Yogurt - 0% Fat	Pasteurized organic skimmed cow's milk, lactic ferments.	150	75	0.0	4.0	60	--
Snacks of Choice		KOUKAKIS Authentic Greek Yoghurt 0% Fat	Skimmed, pasteurized cow's milk, milk proteins, lactic acid culture.	150	72	0.0	4.0	52	--
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 (E 1422, E 1442, E 440), <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup). Contains: Milk Products.	135	85	1.9	4.6	61	0.0
Snacks of Choice		TOPVALU GREEK YOGURT PLAIN	DAIRY PRODUCTS (JAPAN). THIS PRODUCT CONTAINS MILK.	110	67	0.0	4.4	35	0.2
Snacks to Choose in Moderation		CHOBANI Greek Yogurt - Blueberry	Cultured nonfat milk, blueberries, cane sugar, water, thickener (fruit pectin), natural flavors, thickeners (guar gum, locust bean gum), lemon juice concentrate. Contains 6 live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus.	150	110	0.0	9.3	37	0.0
Snacks to Choose in Moderation		CHOBANI Non-Fat Greek Yogurt - Vanilla	Cultured nonfat milk, cane sugar, water, natural flavors, thickeners (fruit pectin, guar gum, locust bean gum), vanilla extract, lemon juice concentrate, 6 live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei and L. Rhamnosus.	150	110	0.0	9.3	37	--
Snacks to Choose in Moderation		CLASSY.KISS 3.3g Yoghurt (Original)	Fresh milk (≥80%), Sweetened condensed milk, Sugar, Whipped cream, Whey protein powder, Stabilizer (440), Thickener (1442), Emulsifier (471), Acidity regulator (331iii), Probiotics (<i>Lactobacillus delbrueckii</i> subsp.bulgaricus, <i>Streptococcus salivarius</i> subsp.thermophilus, <i>Bifidobacterium animalis</i> subsp.lactis, <i>Lactobacillus acidophilus</i> , <i>Lactocaseibacillus paracasei</i>) (Content of probiotics ≥1.0x10 ⁹ CFU/100g, at the factory). This product contains milk and milk products, soybean products.	100	97	4.0	11.0	70	--
Snacks to Choose in Moderation		DANONE Activia Yogurt - Cherry	Whole milk (72.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), cherry (8%), sugar (6.2%), cream (milk) (origin: France), natural flavor, carrot & blueberry concentrates, thickeners (modified starch, fruit pectin), milk mineral concentrate, ferments (including yoghurt cultures & <i>Bifidobacterium</i> (milk)).	125	114	2.9	11.9	56	--

Database of Prepackaged Snacks – Food

Snack Classification	Photo	Product Name	Ingredients	Size of Individual Pack (g)	Energy per Individual Pack (kcal)	Per 100 g			
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Snacks to Choose in Moderation		DANONE Activia Yogurt - Figs	Whole milk (72.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), fig (8%), sugar (5.9%), cream (milk) (origin: France), lemon juice concentrate, carrot concentrate, thickeners (modified starch, fruit pectin), natural flavors (milk), milk mineral concentrate, ferments (including yogurt ferments and Bifidobacterium (milk)).	125	113	2.9	11.8	56	--
Snacks to Choose in Moderation		DANONE Activia Yogurt - Strawberry	Whole milk (71.7%) (origin: France), skimmed milk concentrate & powder (origin: EU), strawberry (9.5%), sugar (6.4%), cream (milk) (origin: France), thickeners (modified starch, fruit pectin), lemon juice concentrate, black carrot juice concentrate, carrot juice concentrate, natural flavors (milk), ferments (including yogurt cultures & Bifidobacterium (milk)).	125	111	2.8	11.8	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). Milk origin: France.	125	76	3.2	4.6	48	--
Snacks to Choose in Moderation		DANONE Veloute Fruit Yogurt - Strawberry	Yogurt (milk, cultures) (86.5%), sugar (6.7%), strawberry (5%), thickener (modified starch), purple carrot and carrot concentrates, flavors, acidity regulators (sodium citrate, citric acid).	125	106	2.6	11.5	52	--
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 (<i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i> , <i>Lb. acidophilus</i>).	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 (<i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i> , <i>Lb. acidophilus</i>).	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 (<i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i> , <i>Lb. acidophilus</i>).	100	95	1.5	15.0	40	--
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 (E 1442, E 1422, E 440), Artificial Flavouring and Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Acidity Regulator (E 330), Preservative (E 211) (carry over from fruit syrup), Colour (E 102). Contains: Milk Products.	135	113	1.6	11.5	43	0.6
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 (Strawberry, Sugar, Blueberry, Raspberry Juice Concentrate), Thickener (E 1442, E 1422, E 440), Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Acidity Regulator (E 330), Preservative (E 211) (carry over from fruit syrup), Colour (E 124, E 133). Contains: Milk Products.	135	113	1.6	10.7	34	0.6
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 (E 1442, E 1422, E 440), Natural Identical Flavouring, <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> and <i>Streptococcus thermophilus</i> (1.35 billion CFU/cup), Preservative (E 211) (carry over from fruit syrup), Acidity Regulator (E 330), Colour (E 124). Contains: Milk Products.	135	111	1.6	11.0	47	0.7
Snacks to Choose in Moderation		MÖVENPICK 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 (<i>Bifidobacterium</i> , <i>Lb. acidophilus</i> , <i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i>). This product contains milk.	100	117	4.1	13.7	16	--
Snacks to Choose in Moderation		MÖVENPICK Greek Style Mango-vanilla Yogurt	Milk, sugar, 3.6% mango, 2.7% mango puree, modified starch, water, vanilla extract, colour: carotenes; natural flavouring, acidity regulator: citric acid; live lactic acid cultures (<i>Bifidobacterium</i> , <i>Lb. acidophilus</i> , <i>Sc. thermophilus</i> , <i>Lb. bulgaricus</i>). This product contains milk.	100	119	4.1	14.1	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		MÖVENPICK Greek Style Plain Yogurt	Milk, live lactic acid cultures (Bifido-bacterium, Lb. acidophilus, Sc. thermophilus, Lb. bulgaricus). This product contains milk.	100	89	5.0	4.1	20	--
Snacks to Choose in Moderation		MÖVENPICK MOMENTS OF JOY BLUEBERRY	Milk, sugar, 3% blueberries, 2% blueberry puree, modified starch, water, thickener: pectins; carrot concentrate, natural flavouring, beetroot juice concentrate, cultures (Lb. bulgaricus, Sc. thermophilus). This product contains milk.	100	112	4.1	14.2	38	--
Snacks to Choose in Moderation		MÖVENPICK MOMENTS OF JOY PEACH-PASSION FRUIT	Milk, sugar, 5% peach, modified starch, water, 0.4% passion fruit juice from passion fruit juice concentrate, thickener: pectins; natural flavouring, acidity regulator: citric acid; cultures (Lb. bulgaricus, Sc. thermophilus). This product contains milk.	100	110	4.0	13.8	38	--
Snacks to Choose in Moderation		MÖVENPICK MOMENTS OF JOY RASPBERRY	Milk, sugar, 2.8% raspberries, 2.3% raspberry puree, modified starch, water, thickener: pectins; beetroot and elderberry juice concentrate, natural flavouring, carrot concentrate, cultures (Lb. bulgaricus, Sc. thermophilus). This product contains milk.	100	112	4.0	14.2	38	--
Snacks to Choose in Moderation		MÖVENPICK MOMENTS OF JOY SWEETENED	Milk, sugar, modified starch, water, thickener: pectins; vanilla extract, acidity regulator: citric acid; natural vanilla flavouring, cultures (Lb. bulgaricus, Sc. thermophilus). This product contains milk.	100	88	4.6	6.5	44	--
Snacks to Choose in Moderation		Nestlé 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		Nestlé Acti-V Probiotic Low Fat Plain Yoghurt	Fresh Milk (62%), Water, Milk Solid, Sugar, Enzyme (0.04%), FORTIS® Bifidobacterium (10 million per g), Live Lactic Culture (100 million per g). Allergen information: Contains milk products.	100	80	2.4	10.1	58	--
Snacks to Choose in Moderation		Nestlé 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		Nestlé 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	--

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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		Nestlé 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		Nestlé 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		Nestlé 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	--
Snacks to Choose in Moderation		Nestlé 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		Pauls Low Fat YOGURT MIXED BERRY	Fruit Mix [Mixed Fruit 3% (Apple, Black Carrot, Strawberry, Blueberry), Flavourings, Acidity Regulator (Citric Acid E330), Preservative (Potassium Sorbate E202), Colour (E163), Stabilisers (E1442, E415)], Milk Solids (Cow's Milk), Sugar, Stabilisers (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	109	1.4	12.6	32	0.0
Snacks to Choose in Moderation		Pauls Low Fat YOGURT NATURAL	Milk Solids (Cow's Milk), Sugar, Stabiliser (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	92	1.5	9.3	34	0.0
Snacks to Choose in Moderation		Pauls Low Fat YOGURT STRAWBERRY	Fruit Mix [Mixed Fruit 3% (Strawberry, Apple), Black Carrot Concentrate, Flavourings, Acidity Regulator (Citric Acid E330), Preservative (Potassium Sorbate E202), Stabilisers (E1442, E415)], Milk Solids (Cow's Milk), Sugar, Stabilisers (E1442), Mixed Live Culture (Streptococcus thermophilus, Lactobacillus bulgaricus). Contains milk and milk products.	130	109	1.4	12.6	32	0.0
Snacks to Choose in Moderation		Trappist Dairy Sippa Yogurt Melon	Fresh Milk, Sugar, Melon Puree, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactobacillus Paracasei, Lactobacillus Rhamnosus, Flavour and Flavouring.	120	116	3.5	11.2	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)
Snacks to Choose in Moderation		Trappist Dairy Spoona Yogurt	Fresh Milk, Sugar, Water, Heavy Cream, Whey Protein, Egg Yolk Powder, Lactobacillus Bulgaricus, Streptococcus Thermophilus, Lactococcus Lactis subsp. Lactis, Lactococcus Lactis subsp. Cremoris, Gelatin, Emulsifiers (E1414, E471).	120	118	4.2	9.5	40	--
Snacks to Choose in Moderation		Trappist Dairy Spoona Yogurt Low Fat Plain	Fresh Milk, Water, Sugar, Milk Solid, Whey Protein, Streptococcus Thermophilus, Lactobacillus Bulgaricus, Gelatin, Emulsifiers (E1414, E471).	90	75	2.8	9.6	29	--
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, Gelatin, Emulsifiers (E1414, E471), Flavour and Flavouring.	90	75	2.8	9.6	29	--
Snacks to Choose in Moderation		Yoplait Petit Miam Blueberry Yoghurt	MILK, (min. 70%) [MILK, SKIM 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, SKIM 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	51	2.3	7.6	46	--
Other Food Items									
Snacks of Choice		HARMLESS HARVEST Unsweetened Plain Organic Cultured Coconut	Organic coconutmilk (water, organic coconut meat*), organic tapioca starch, live and active cultures. Live and active cultures: L. acidophilus, B. lactis, S. thermophilus, L. casei, L. bulgaricus, B. bifidum, L. rhamnosus. *Fair for life fair trade certified.	125	70	2.0	0.8	8	3.2
Snacks to Choose in Moderation		DANONE Activia Yogurt - Muesli	Whole milk (68.6%), water, skimmed milk concentrate, sugar (5.5%), muesli (3.5%) (wheat, oat, hazelnut, almond, walnut, raisin), oligofructose, cream (milk), lemon juice concentrate, flavors, thickeners (modified starch, fruit pectin), milk mineral concentrate, cultures (including yoghurt ferments and Bifidobacterium) (milk). Contains: milk, cereals containing gluten, nuts.	120	112	2.9	10.9	53	1.4
Snacks to Choose in Moderation		HARMLESS HARVEST Organic Dairy-Free Coconut Yogurt - Strawberry	Organic coconutmilk (water, organic coconut meat), organic cane sugar, organic strawberries, organic tapioca starch, organic flavors, thickener (pectin), live and active cultures. Live and active cultures: L. acidophilus, B. lactis, S. thermophilus, L. casei, L. bulgaricus, B. bifidum, L. rhamnosus.	125	90	2.0	7.2	8	2.4

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 to Choose in Moderation		燕塘 鮮奶布丁原味 [^]	生牛乳 (≥80%)、白砂糖、黃油、水、蛋黃粉、增稠劑 (428、460(i)、406)、調味劑、乳化劑 (471)、增稠劑 (407、418、466)、麥芽糊精。 含有蛋類、奶類及奶類製品。	100	120	6.5	10.7	48	--

Last updated: August 2026