

Snacks

300 Calorie	100-150 calories	100 Calories
		Chocolate
12 squares Dairy Milk	6 squares Dairy Milk	4 squares Dairy Milk
1 60.5g Boost Bar	1 Nestle Aero 27g Bar	1 Chocolate Freddo 18g bar
1 62.5g Snickers		1 Curly whirly 21.5g bar
1 Twix		1 Dairy milk buttons 14.4g bag
		Biscuits & Cakes
1 Large Fresh Milk Chocolate Cookies eg Supermarket fresh	2 Digestive biscuits	1 Tunnocks Teacake
1 Large Chocolate Shortbread	2 Maryland Cookies	2 finger KitKat
1 Doughnut (around 200-300cals)	2 Custard Creams	2 Rich Tea biscuits
1 Scone with butter & jam	2 Bourbon biscuits	2 Jaffa cakes
1 Supermarket Chocolate muffin		2 Ginger Nut biscuits
1 Greggs Caramel shortbread		3 Party Rings
		1 Chocolate Digestive
		1 Chocolate Hobnob
		1 30g Soreen Bar
		1 French Fancies Cake
		Cereal Bars
	1 Cadburys Raisin Brunch Bar	1 Kellogg's Rice Crispy Cereal Bar
	1 Aldi Munchy Cereal Bar with chocolate chips	1 25g Skinny Whip Bar
	Go Ahead Fruit Slices (3 in pack)	
		Crisps, Crackers & Nuts etc
1/3 (60g) of 180g Bag of Doritos	1 25g Walkers Any flavour	1 16g packet of Quavers
1 50g bag Nobbys Nuts Dry Roasted Peanuts	1 25g pack Mini Cheddars	1 18g packet of French Fries
	30-40g Popcorn – sweet, salted, toffee	1 13.3g packet of Skips
1 Snack rite Salted Pretzel Thins 80g bag	40g Salted Pretzels	1 22g packet Walkers Squares
	2 Jumbo Chocolate Snack a Jack	2 Jumbo Caramel Snack a Jack
		Mousse & Ice cream
1 x 70g GU Milk Chocolate & Ganache Mousse Dessert	1 70g Alpro Soya Double Chocolate Vegan Desert	1 59g Aero Chocolate Mousse
1 Magnum Classic 100ml Ice Cream	1 Mars 51g Ice Cream	1 Magnum Classic Mini Ice Cream
1 Regular McFlurry	1 90g Cornetto	1 70ml Choc Ice
		Alcoholic Drinks
½ Bottle wine / prosecco	1 Medium 175ml glass wine / prosecco	1 Small 125ml glass wine / prosecco
1 ½ pints Lager or 2 cans	1 330ml Can Lager	½ Pint Lager e.g. Stella Artois, Carlsberg, San Miguel
1 ½ pints Cider	1 440ml Can Cider	½ Pint Cider e.g Strongbow, Magners

1 440ml Can of strong Cider	½ Pint strong Cider e.g Frosty Jack, White Star	
1 100ml Cream Liqueur	1 50ml Cream Liquors e.g. Baileys	
Alcopop e.g. WKD and single shot e.g. Tequilla	Double Spirit with Slimline tonic, Diet coke	Single Spirit e.g. vodka, gin, rum with Tonic, Coke, Lemonade
Cocktail – White Russian, Sex on the Beach	Cocktail – Margarita, Long Island Iced Tea, Mojito	Cocktail – Dry Martini, Negroni
		Soft Drinks & Hot Drinks
1 500ml can Monster Drink	1 330ml can Coca Cola	1 330ml can Fanta / Sprite
Starbuck Tall Caramel Frappuccino -Semi Skimmed milk	Starbucks Tall Café Latte -Semi Skimmed Milk	Starbucks Tall Café Latte -Skimmed milk
		More nutritious options
½ Avocado on 1 slice wholemeal toast	1 tbsp smooth peanut butter spread onto 1 sliced apple	30g (2 tablespoons) houmous & 80g fresh veg sticks
1 banana & 4 squares of dark chocolate	3 crispbreads & 50g cottage cheese	100g berries with 50g natural yogurt
1 tablespoon peanut butter & ½ banana on slice of wholemeal toast	2 Boiled Eggs	3 dried apricots & 8 almonds
1 Bagel thin with low fat cream cheese and 5 cherry tomatoes	1 Banana on 1 slice wholemeal toast	1 Crumpet with teaspoon of low fat spread
45g cereal with semi-skimmed milk	1 slice of malt loaf & 1 cup low calorie hot chocolate	1/3 cup of edamame beans