

## Low Protein Chocolate Treats

### Nomo

Available in Holland and Barrett and other health food shops



**Creamy Choc Bar (38g) = ½ exchange**



**Caramel and Sea Salt Choc Bar (38g) = 1 exchange**



**Fruit and Crunch Choc Bar (38g) = 1 exchange**

### Tesco



**Free From White Chocolate Bar (35g) = Free**



**Free From Chocolate Bar (35g) = 1 exchange**



**Free From White Choc Buttons (25g) = Free**



**Free From Choc Buttons (25g) = ½ exchange**

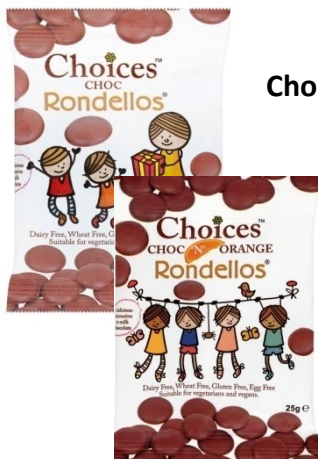


**Free From Giant Choc Buttons**

**1/5 of bag, 24g portion (approx 10 buttons) = ½ exchange**

## Choices

Available in Supervalu and some health food shops



**Choices Choc Rondellos/ Choc n Orange Rondellos (25g) = ½ exchange**