## Low Protein Jellies and Sweets



Chewits 30g tube = Free
Rowntrees Fruit Pastilles 1 tube = Free


Rowntress Jelly Tots 42g packet $=$ Free
Tesco Jelly Beans 200g bag = Free
Fruit-tella 42g bag = Free


Starburst 45g bag $=$ Free
Skittles/ Skittles Chewies 45 g bag $=$ Free

Information correct at time of printing. Always check the label Updated October 2021


Haribo Funny Mix = Free / Haribo Giant Strawbs 12 sweets = Free


Swizzles Parma Violets/ Giant Love Hearts / Chew Crew/ Drumstick Choos = Free


Swizzles Love Hearts/Giant Refresher Bar/ Refresher Choos = Free
Swizzles Lots of Lollies/ Halloween Lolly Mix up to $150 \mathrm{~g}=$ Free

## Metabolic.ie <br> Nationul Centre for Inherited Metabolic Disorders



Lidl Sweet Corner Henry Hippo = Free


Lidl Halloween Mix: Lollipops/Fruit Sweets = Free Chewy Sweets 25g = Free, 50g = $1 / 2$
Exchange


Swizzles Drumstick Squashies Mini Bags 14 g bag = $1 / 2$ Exchange
Swizzles Drumstick Squashies Original 60 g bag $=1$ Exchange


Rowntrees Pick \& Mix 9 sweets = $1 / 2$ Exchange
Rowntrees Randoms 6 sweets $=1$ Exchange
The Natural Confectionary Company Superfruit Jellies 6 sweets = 1 Exchange

