

## Low Protein Chocolate Treats

These foods are to be used as a treat once or twice a week as part of a healthy diet

### Nomo

Available in Holland and Barrett and other health food shops



**Creamy Choc Bar (38g) 1 bar = ½ exchange**

**Caramel and Sea Salt Choc Bar (38g) / Fruit and Crunch Choc Bar (38g) 1 bar = 1 exchange**



**Caramel Filled Choc Bar (38g) 1 bar = 1 exchange**

**Giant Creamy Choc Button ⅓ of bag, 22g portion = ½ exchange**

**Giant Caramel and Sea salt Choc Buttons ⅓ of bag, 22g portion = ½ exchange**

### Schar

Available in Tesco and Supervalu



**Melto Bar 1bar = 2 exchanges**

**Chocolate Fingers 1 finger = Free, 2 fingers = ½ exchange**

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## Tesco



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

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

Free From Giant Choc Buttons **⅓ of bag, 24g portion (approx 10 buttons) = ½ exchange**

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



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

Free From Belgium Chocolate Wafer **1 bar = 1 exchange**

Free From Swirly Chocolate Wafer **1 bar = 2 exchanges**

## Aldi



Dairyfine Deeno Bar **1 bar = 1 exchange**

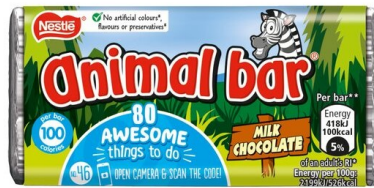
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## Others



McVitie's Penguin Original **1 bar = 1 exchange**



Nestle Animal Bar **1 bar = 1 exchange**



KitKat Vegan **1 four finger bar = 1 exchange**



Cadbury Dairy Milk Freddo Caramel Bar **1 bar = 1 exchange**



Cadbury Dairy Milk Freddo Bar **1 bar = 1 ½ exchange**



Kelkin Gluten Free Finger Bars/ Gluten Free Wafer Bars **1 bar = 1 ½ exchanges**



Jacob's Club Mint/ Orange/ Milk/ Dark **1 bar = 1 ½ exchanges**

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