

## Halloween Low Protein Sweets

These foods are to be consumed on in moderation as part of a healthy diet

### Swizzels



Swizzels Mummy Mix 20g serving= Free

Swizzels Scrumptious Sweets 20g serving= Free



Swizzels Trick or Treat Lolly Mix 20g serving= Free

Swizzels Big Party Mix 20g serving= Free

Information correct at time of printing. Always check the label.

Updated October 2024



Swizzels Curious Chews 20g serving= Free

Swizzels Luscious Lollies 20g serving= Free



Swizzels Sweet Shop Favourites 20g serving= Free (without the squashies) squashies are 3.4g protein per 100g), 100g of mix (excluding squashies)= 1 ½ exchanges

Swizzels Scary Mix 20g serving= Free

Swizzels can be found in Tesco /SuperValu/Dunnes stores

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Tesco



Tesco Jelly Beans 25g serving= Free

Tesco Fruit Jellies 25g serving= Free



Tesco Chocolate Limes 25g serving= Free

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Common Brands found in Tesco/ Supervalu/ Dunnes Stores



Haribo Giant Strawbs 20g serving= Free, 100g= ½ exchange



The Natural Confectionery Company Sour Splash 4 sweets=Free



Skittles Fruits Chewies 34g serving= Free



Skittles Fruits 45g serving= Free

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Starburst Fruit Chews Original 4 pack 45g pack= Free



Rowntrees Fruit Gums 8 sweets= Free



Fruitella Duo Stix Vegan Chewy Sweets 1 sweet= Free



Chupa Chups Lollipop 1= Free

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Tubs Sweets Raspberry Bonbons 150g tub= Free



(Eurogiant)Becky's Chewing Eyeballs whole bag= Free

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## Lidl

### Crisps



Halloween ketchup flavour snacks **30g serving= 1 exchange**

Halloween cheese flavour snacks **30g serving= 1 exchange**

Banshee Bones 10 pack **17g bag= 1 exchange**



Halloween Vampire snacks **30g= 1 ½ exchanges**

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## Lidl Sweets



Favourites Mega Mix Barratt per 100g= free

Scary Chews WHAM per 100g= free

Halloween Sweet & Lollipop per 100g = free



Brain Blasterz Super Sour per 100g = free

Ring Pop per 100g= free

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Aldi



Deathly Dracula Fangs 25g serving= Free

Tongue Painting Bewitched Bats 25g serving= Free

HallowCandies per 100g= Free



Fini Zombie Candy + Gum per 100g= Free

Fini Boom Vampire per 100g= Free

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