

## Low Protein Christmas Treats

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

### Tesco

Some products can be found in several supermarkets



Freefrom Iced topped mince pies **1 mince pie = 1 exchange**

Freefrom mini mince pies **1 mini mince pie = 1 exchange**

Freefrom Shortbread rounds **1 biscuit = ½ an exchange**



Mr.Kipling Frosty Fancies **1 cake = ½ an exchange**

Mr.Kipling Festive Bakewell **1 bakewell = 1 ½ exchanges**

Mr.Kipling Christmas Slices **1 slice = 1 exchange**



Mr.Kipling Mince Pie Whirls **1 Mince Pie Whirl = 1 exchange**

Tesco Finest Chocolate & Ginger Stollen Bites **1 bite = 1 exchange**

Tesco Chocolate Swirl Bites **1 bite = 1 exchange**



**Tesco Mini Gingerbread Men 4 biscuits = 1 ½ exchange**

**tesco Free From Millionaire's Cookies 1 cookie = 1 exchange**

**Toblerone Truffles 2 truffles = 1 exchange**

**Malteser Truffles 2 truffles = 1 ½ exchanges**



**After Eight Winter Fondants 2 fondants = ½ an exchange**

**After Eight Dark Mint Chocolate Box 1 chocolate = ½ an exchange**

**NOMO Impulse Reindeer Cookie Dough 1 bar = ½ an exchange**

## Supervalu



**BFree Salted Caramel Brownies 1 brownie = 1 ½ exchange**

## Marks and Spencers



Colin & Connie Caterpillars Christmas Time  $\frac{1}{4}$  of the bag = Free

Salt & Vinegar Stars 25g portion = 1 exchange

Made without Gingerbread Biscuits 1 biscuit =  $\frac{1}{2}$  an exchange

Made without Stem Ginger Snaps 1 Biscuit =  $\frac{1}{2}$  an exchange



Made Without Christmas Pudding  $\frac{1}{4}$  of pudding = 3 exchanges

Made Without Mince pies 1 mince pie = 1 exchange

Made Without Chocolate santa Whole Santa =  $\frac{1}{2}$  an exchange



Made Without Chocolate Yule Log  $\frac{1}{4}$  of Yule log = 2  $\frac{1}{2}$  exchanges



## Dunnes



Jacobs Chocolate Kimberley **1 biscuit = 1 exchange**

Jacobs Chocolate Mikados **1 mikado = 1 exchange**

Terrys Chocolate Orange **4 segments = 1 ½ exchanges**



Ferrero Rocher **1 ferrero rocher = 1 exchange**

Toffifee **1 Toffifee = ½ an exchange**

Kinder Bueno Eggs **1 egg = 1 exchange**

Malteser Reindeer **1 reindeer = 2 exchanges**

## Lidl

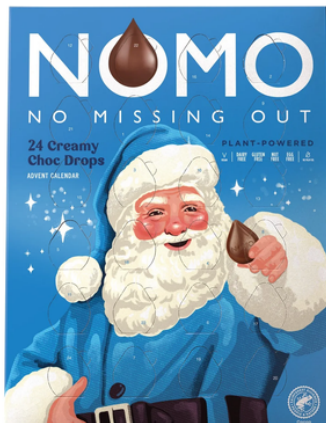


Apple and Salted Caramel Crumble Pies **1 pie = 2 exchanges**

All Butter Caramel Sticks **1 Twin Stick = ½ an exchange**

All Butter Cinnamon Knots **1 knot = 1 exchange**

## Advent Calendars



**NOMO Advent Calendar 1 chocolate = Free**



**Moo Free Advent Calendar 1 chocolate = Free**



**Haribo Advent Calendar 1 mini bag = ½ an exchange**



**Chupa Chups Advent Calendar = Free**



**Terry's Chocolate Orange Advent Calendar 1 chocolate = Free**



**Kinder Bueno Advent Calendar 1 Chocolate = ½ an exchange**



**Milkybar Advent Calendar 1 chocolate = Free**



## Advent Calendars



Cadbury Dairy Milk Calendar **1 chocolate = Free**



Kinnerton Paw Patrol Advent Calendar **1 chocolate = Free**



Kinnerton peppa Pig Advent Calendar **1 chocolate = Free**



Maltesers Reindeer Advent Calendar **1 chocolate = Free**