



GIG
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WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

LOW CALORIE SNACKS

Authors:

**David Proud (RD)
Meenu Rezaie (RD)**

**All Wales Adult Cystic Fibrosis Centre
Llandough Hospital**

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Snack Bars

Cadbury's Freddo Frog (Treat Size)

Serving Size: 10 g, Calories: 53, Fat: 3g, Carbs: 5.8g, Protein: 1.2g

Cadbury Twirl – (Treat Size)

Serving Size: 15 g - 1 Unit, Calories: 81, Fat: 4.6g, Carbs: 8.5g, Protein: 1.2g

Maltesers Mini Bag (Mini Bag)

Serving Size: Calories: 99, Fat: 4.9g, Carbs: 12.2g, Protein: 1.6g

Nature Valley Oats 'n Honey Granola Bar

Serving Size: 2 bars, Calories: 190, Fat: 6g, Carbs: 29g, Protein: 4g



Yoghurts

Muller Light Strawberry Yoghurt

Serving Size: 175g, Calories: 90, Fat: 0.2g, Carbs: 14.2g, Protein: 6.8g

Muller Light Fat Free Vanilla Yoghurt Sprinkled With Dark Chocolate

Serving Size: 165 g, Calories: 91, Fat: 0.5g, Carbs: 7.5g, Protein: 4.4g

Smooth Toffee Yoghurt (Muller Light)

Serving Size: 100 g, Calories: 50, Fat: 0.1g, Carbs: 8g, Protein: 3.8g

Activia Fat Free Mango Yoghurt

Serving Size: 125 g, Calories: 65, Fat: 0.1g, Carbs: 10g, Protein: 6g

Activia Intensely Creamy Peaches and Cream Yoghurt

Serving Size: 120 g, Calories: 118, Fat: 3.6g, Carbs: 15.6g, Protein: 5.8g

Yeo Valley Fat Free Natural Yoghurt

Serving Size: 150 g, Calories: 89, Fat: 0g, Carbs: 12.8g, Protein: 8.9g



Crisps

Walkers Baked Salt & Vinegar Crisps 25g

Serving Size: 25 g, Calories: 100, Fat: 2g, Carbs: 18.4g, Protein: 1.5g



Velvet Crunch Cheddar Cheese & Spring Onion

Serving Size: 20 g, Calories: 83, Fat: 2g, Carbs: 15.8g, Protein: 0.4g

Skips - Prawn Cocktail Crisps

Serving Size: 1 packet, Calories: 82, Fat: 4.7g, Carbs: 9.1g, Protein: 1g

Walkers Quavers Cheese

Serving Size: 1 Packet (17g), Calories: 88, Fat: 4.9g, Carbs: 10.3g, Protein: 0.4g

Walkers French Fries Crisps Ready Salted

Serving Size: 1 bag, Calories: 83, Fat: 3g, Carbs: 12.4g, Protein: 1g



Hot Chocolate Drinks

Cadbury Highlights Hot Chocolate Sachet

Serving Size: 1 cup (11g), Calories: 40, Fat: 1.4g, Carbs: 4.6g, Protein: 1.8g



Nestle Aero Hot Chocolate Drink

Serving Size: 24 g, Calories: 99, Fat: 2.7g, Carbs: 16.6g, Protein: 2.1g

Options Low Calorie Hot Belgian Chocolate

Serving Size: 11 g (3 tsps/1 sachet), Calories: 40, Fat: 0.9g, Carbs: 5.8g, Protein: 1.4g

Options Hot Chocolate Brownie

Serving Size: 1 sachet (16g), Calories: 60, Fat: 1.7g, Carbs: 8g, Protein: 1.8g



Ice Lollies

Walls Mini Milk Ice Lolly - Vanilla

Serving Size: 1 lolly, Calories: 30, Fat: 0.5g, Carbs: 5g, Protein: 0.9g

Rowntree Fruit Pastille Ice Lolly

Serving Size: 1 lolly, Calories: 58, Fat: 0g, Carbs: 15.1g, Protein: 0.1g



Tesco Rocket Ice Lolly

Serving Size: 1 lolly, Calories: 44, Fat: 0g, Carbs: 10.9g, Protein: 0g

Nestle Fab Ice Lolly

Serving Size: 1 lolly, Calories: 90, Fat: 3.2g, Carbs: 15g, Protein: 0.3g

