



1. Carbohydrates
Bagels
Wholemeal bread
Pitta
Wraps
Pasta
Rice
Noodles

2. Fruit and Vegetables
Whole or pieces of fresh fruit
Fresh fruit pots in juice
Carrot/cucumber/pepper sticks
Cherry tomatoes
Dried fruit without added fat, sugar or salt e.g. Apricots

3. Protein
Cheese, egg, sliced meat or fish
Pulses such as beans, peas and lentils or cottage cheese pots

4. Dairy
Yoghurt
Fromage Frais
Yoghurt drink
Cheese

5. Drink
Milk
Water
150ml maximum of fruit or vegetable juice
Low fat fruit smoothie

6. Occasionally you may want to include
Small cake e.g. muffin, banana bread
Flapjack
Malt loaf
Fruit scone
Scotch Pancake
A small biscuit e.g. a Two Fingered Kit
Kat or Penguin

7. Foods that should not be included
Nut products or products with traces of nuts – peanut butter, packets of nuts, Nutella
Sesame Seeds – including hummus
Processed foods such as sausage rolls, pepperoni sticks, pasties
Crisps
Cereal bars
Chocolate bars such as mars bars, snickers, crunchies
Fruit Winders