

<p>Fresh fruit Vegetable sticks Low fat hummus Pitta bread Plain rice cakes Plain crackers Plain popcorn Low fat cheese Low fat yoghurt Boiled egg</p>	<p>Dried fruit (e.g. raisins) Scotch pancake Cereal bars (without chocolate/ marshmallow) Plain croissant Fruit yoghurt Plain flapjack Malt loaf 'Fruit snacks' e.g. fruit winders, fruit yoyos, fruit flakes.</p>	<p>Crisps Sweets Products including chocolate Pepperoni Cakey items Biscuits</p>