



100 SNACKS UNDER 100 CALORIES



Biscuits

DIGESTIVE THINS



calories per thin - 31

NAIRN CHOC CHIP



calories per biscuit - 44

NAIRN FRUIT & OAT



calories per biscuit - 46

NAIRN GINGER OAT



calories per biscuit - 44

OREO THINS



calories per thin - 30

RICH TEA



calories per biscuit - 38

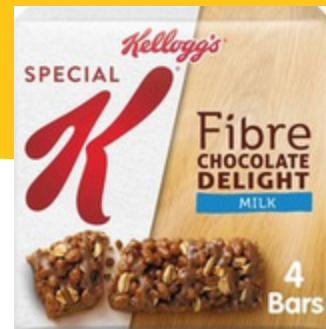
Breakfast Bars

FIBRE ONE



calories per bar - 90

SPECIAL K



calories per 24g bar - 96

FIBRE ONE POPCORN



calories per bar - 90

ALPEN LIGHT



calories per bar - 70

GO AHEAD



calories per slice - 72

SUMMER FRUITS



calories per bar - 67

Cake Bars

SKINNY WHIP



calories per bar - 99

JAFFA CAKES



calories per cake - 46

FIBRE ONE CAKE BAR



calories per bar - 90

JAFFA CAKE BAR



calories per bar - 97

MS MOLLY'S MINI ROLLS



calories per roll - 74

SOREEN LOAF



calories per 30g loaf - 98

Cheese

BABYBEL



calories per babybel - 42

CATHEDRAL BAR



calories per bar - 100

CHEDDAR STICKS



calories per stick - 83

CHEESE STRINGS



calories per cheesestring - 61

DAIRYLEA DUNKERS



calories per 45g tub - 100

LIGHT PHILADELPHIA



calories per 35g pot - 53

Chocolate

FREDDO



calories per bar - 95

MILKY WAY



calories per 21.5g bar - 97

DAIRY MILK LITTLE BARS



calories per bar - 96

CHOMP



calories per bar - 98

CURLY WURLY



calories per bar - 97

FUDGE



calories per bar - 98

Crackers & Cheese

RYVITA CRACKERBREAD



calories per cracker - 20

RYVITA THINS



calories per thin - 29

RYVITA RYE BREADS RYVITA CRISP BREAD



calories per cracker - 34



calories per crisp bread - 37

COTTAGE CHEESE



calories per 100g - 62

LAUGHING COW TRIANGLES



calories per triangle - 25

Crisps

SKIPS



calories per pack- 71

FRENCH FRIES



calories per 21g pack- 91

SQUARES CRISPS



calories per 22g bag- 97

HULA HOOPS PUFT



calories per 15g bag- 71

POM-BEARS



calories per bag- 69

PROPER CORN



calories per 30g pack - 87

Dried Fruit

APPLE SLICES



calories per 30g - 85

DRIED MANGO



calories per 30g - 99

BANANA CHIPS



calories per 30g - 100

RAISINS



calories per 30g - 85

SOFT APRICOTS



calories per 30g - 57

MIXED FRUIT



calories per 30g - 100

Fish

SEAFOOD STICKS



calories per stick- 18

READY TO EAT PRAWNS



calories per 100g - 80

FISH JERKY



calories per 25g bag- 85

SMOKED SALMON



calories per 50g bag- 100

Fruit

GRAPES



calories per 100g - 73

SMALL FRUIT



calories per piece - 50

LARGE FRUIT



calories per piece - 70

BERRIES



calories per 100g - 40

MELON



calories per 100g - 22

WATERMELON



calories per 100g - 30

Ice Lollies

DRUMSTICK SQUASHIES



calories per lolly - 82

FAB



calories per lolly - 82

SOLERO EXOTIC



calories per lolly - 94

TWISTER



calories per lolly - 85

FRUIT PASTILLES



calories per lolly - 70

HALO TOP



calories per lolly - 80

Meat

CHICKEN SLICES



calories per slice - 24

ROAST BEEF SLICES



calories per slice - 33

COOKED HAM



calories per slice - 23

TURKEY SLICES



calories per slice - 24

PRE COOKED BACON



calories per 20g - 90

BEEF JERKY



calories per 30g - 85

Misc

NAIRN OATCAKES



calories per oatcake - 36

OATS & HONEY BARS



calories per bar - 96

CUP A SOUP



calories per sachet - 89

HALO TOP ICE CREAM



calories per 1/3 tub - 93

FRUIT FLAKES



calories per 25g pack - 95

WHEY PROTEIN & WATER



calories per 25g scoop - 80

Puddings

MULLER LIGHT VANILLA PUDDING



calories per pot - 99

MULLER LIGHT CHOCOLATE FIX



calories per tub - 97

HARTLEY'S JELLY POTS



calories per pot - 5

MILKYBAR MOUSSE



calories per pot - 85

ROLO MOUSSE



calories per pot - 80

AERO MOUSSE



calories per pot - 99

Ricecakes

RICECAKES



calories per ricecake - 34

SNACK A JACKS



calories per pack - 89

MILK CHOC THINS



calories per thin - 55

CHOC ORANGE



calories per ricecake - 97

JUMBO SNACK A JACKS



calories per ricecake - 50

CORN CAKES



calories per corn cake - 26

Veg Snacks

YUSHOI PEA SNAPS SNACKRITE PEA SNACKS



calories per 21g pack - 90



calories per 21g pack - 88

SUGAR SNAP PEAS



calories per 100g - 38

SWEET PEPPERS



calories per pepper - 54

VEG STICKS & LOW FAT HUMMUS



calories per 10 sticks and
25g hummus - 98

CELERY STICKS



calories per 100g - 8

Yoghurt

FAGE 0% FAT GREEK



calories per 170g pot - 90

MULLER LIGHT



calories per 160g tub - 99

SKYR ICELANDIC



calories per 100g - 73

LIGHT & FREE



calories per pot - 53

YOO MOO YOGHURT LOLLY



calories per lolly - 74

YEO VALLEY



calories per 100g - 98