

Apple



Banana



Orange



Grapes



Raisins



Berries



Yoghurt



Tinned Pineapple



Tomatoes



Yellow Pepper  
Sticks



Small Salad



Carrot Sticks



Hummus and Salad  
Wrap



Cheese Salad  
Sandwich



Tuna and Sweetcorn  
Pitta



Chickpea Dhal and  
Chapatti



Salmon and  
Cucumber Roll



Pasta Salad



## Digestive Biscuits



## Mini breadsticks and cream cheese

Image of a small tub of low fat cream cheese



## Fromage Frais Tube

Image of a tube of strawberry fromage frais

## Semi-Skimmed Milk



## Water



## Fruit Juice

(Remember: try to stick to one glass per day!)



## Crisps



## Chocolate



## Chocolate coated biscuits



Some images included in this appendix are from iStock.com:

Two plastic yoghurt pots/Magone

Modern flat fitness and wellness icons/Vectorikart

Clear plastic water bottles with blue caps/fertistockphoto

Pile of potato chips/Spaxiax

Two chocolate candies/Natalia Pyzhova