

cereals

35g Asda/Farmer's Wholegrain Blueberry Wheat	35g Asda/Farmer's Wholegrain Blueberry Wheat
35g Dorset Cereals Simply Delicious Muesli	35g Dorset Cereals Simply Delicious Muesli
35g Dorset Cereals Simply Nutty Muesli	35g Dorset Cereals Simply Nutty Muesli
35g Jordens Natural No Added Sugar Muesli	35g Jordens Natural No Added Sugar Muesli
40g Kellogg's All-Bran	40g Kellogg's All-Bran
35g Kellogg's All-Bran Bran Flakes	35g Kellogg's All-Bran Bran Flakes
30g Kellogg's All-Bran Chocolate Crunch	30g Kellogg's All-Bran Chocolate Crunch
30g Kellogg's All-Bran Golden Crunch	30g Kellogg's All-Bran Golden Crunch
30g Kellogg's All-Bran Red Berry Crunch	30g Kellogg's All-Bran Red Berry Crunch
35g Kellogg's All-Bran Sublime Bran	35g Kellogg's All-Bran Sublime Bran
35g Kellogg's All-Bran Yogurt Flakes	35g Kellogg's All-Bran Yogurt Flakes
35g Kellogg's Frosted Plain Wheat	35g Kellogg's Frosted Plain Wheat
35g Kellogg's Fruit 'n' Fibre	35g Kellogg's Fruit 'n' Fibre
35g Marmite/Sensory's Puffed Wheat	35g Marmite/Sensory's Puffed Wheat

6 Film Crisp Original Thin Crisps	6 Film Crisp Original Thin Crisps
3 Film Crisp Original Pipe Crisp/Kernel	3 Film Crisp Original Pipe Crisp/Kernel
4 Film Crisp Plus & Wholegrain Thin Crisp	4 Film Crisp Plus & Wholegrain Thin Crisp
5 On the Border Bran	5 On the Border Bran
2 Hygiea Cracked Black Pepper/Seaweed	2 Hygiea Cracked Black Pepper/Seaweed
2 Hygiea Dark Rye Original	2 Hygiea Dark Rye Original
2 Hygiea Dark Rye Original	2 Hygiea Dark Rye Original
2 Hygiea Fruit Crunch	2 Hygiea Fruit Crunch
2 Hygiea Hot or Cold Multigrain/Pumpkin Seeds & Oats	2 Hygiea Hot or Cold Multigrain/Pumpkin Seeds & Oats
30g bag Hygiea Mix, all varieties	30g bag Hygiea Mix, all varieties
3 Hygiea Sunflower Seeds & Oats/Green Onion	3 Hygiea Sunflower Seeds & Oats/Green Onion
2 Wheatable	2 Wheatable
1 Wheatable and 2 On the Border Bran	1 Wheatable and 2 On the Border Bran

soups

200g serving Bakers' Chunky Soup, Country Vegetable/Smoked Bacon & Three Bean

200g Bakers' Cell Impressed Soup, Butternut Squash & Macaroni with Giant Butterbean/Poached Red Pepper & Feta with Black Eyed Beans

200g serving Bakers' Peasantry Soup, Feta & Ham/Scotch Broth

400g can Bakers' Peasantry Soup, Chicken Breast

200g serving Bakers' Healthy Soup, Autumn Vegetable Soup with Mild Spices/Italian Bean & Pasta/Pig Lentils & Tomato

200g serving Bakers' Day Full Soup, Broccoli, Tomato & Butternut/Sweetcorn, Salmon & Watercress/Spiced Butternut Squash & Edamame Bean/Tomato, Chorizo & Mixed Bean

35g Pledge Wheatine Shredded Wheat	35g Pledge Wheatine Shredded Wheat
35g Pledge Fruitful Shredded Wheat	35g Pledge Fruitful Shredded Wheat
30g Pledge Honey Nut Shredded Wheat	30g Pledge Honey Nut Shredded Wheat
1% Pledge Shredded Wheat	1% Pledge Shredded Wheat
35g Pledge Shredded, Cocoa/Original	35g Pledge Shredded, Cocoa/Original
35g pringle oats (unflavoured)	35g pringle oats (unflavoured)
35g Post Single Flute	35g Post Single Flute
35g Quaker Oat Crisp Cereal	35g Quaker Oat Crisp Cereal
30g Wheatable Chocolate Spoonies	30g Wheatable Chocolate Spoonies
35g Wheatable Crispy Mix, Fruit & Nut/Strawberry	35g Wheatable Crispy Mix, Fruit & Nut/Strawberry
35g Wheatable Crunchy Bran	35g Wheatable Crunchy Bran

bread

Wholemeal bread is a healthy Extra because it's higher in fibre than other bread.

40g of any wholemeal bread

40g wholemeal roll

2 slices wholemeal bread (small 400g loaf)

1 slice Marmite Wholemeal Batch bread (800g sliced loaf)

2 slices Hovis Favourite Malted Wholegrain bread

2 slices Hovis Favourite Wholemeal bread

2 slices Hovis Wholemeal bread (small 400g loaf)

1 slice Hovis Wholemeal bread (800g thick sliced loaf)

2 slices Warburtons Wholemeal bread (400g medium sliced loaf)

1 slice Warburtons Wholemeal Rye bread (800g thick sliced loaf)

olive oil

1 tbsp extra virgin olive oil

200g serving Bakers' Vegetarian Soup, Carrot & Butternut/Spring Phenix

400g can Bakers' Vegetarian Soup, Mediterranean Tomato

200g serving Hovis Farmers' Market Three Bean & Red Pepper Soup

400g can Hovis Classic Winter Vegetable Broth

200g serving Hovis Covent Garden Soup, Butternut Squash & Sweet Potato/Carrot & Courgette/Lentil & Potato/Mixed/Our Best Vegetable/Pump Tomato & Garlic/Souper Greens

meat & poultry

raw weight

cooked weight

45g	60g	beef or steak
85g	95g	extra lean minced beef
115g	60g	veal fillet

lamb

85g	60g	lamb
-----	-----	------

poultry

115g	70g	chicken
90g	60g	duck
115g	75g	turkey

2 Asda Banquet Light Cereal Bars, all varieties	2 Asda Banquet Light Cereal Bars, all varieties
1 Asda Choose-By-You Viality Cereal Bar, all varieties	1 Asda Choose-By-You Viality Cereal Bar, all varieties
2 Asda Light 'N' Caramel Cereal Bars, all varieties	2 Asda Light 'N' Caramel Cereal Bars, all varieties
2 Honey Monster Six Honeycomb & Milk Chocolate Bars	2 Honey Monster Six Honeycomb & Milk Chocolate Bars
1 Kellogg's Special K Chewy Delight Cereal Bar, all varieties	1 Kellogg's Special K Chewy Delight Cereal Bar, all varieties
1 Marmite Noble Chewy Chocolate Fudge Cereal Bar	1 Marmite Noble Chewy Chocolate Fudge Cereal Bar
2 Marmite Noble Cranberry Cereal Bars	2 Marmite Noble Cranberry Cereal Bars
2 Tesco Healthy Living Chocolate & Caramel Cereal Bars	2 Tesco Healthy Living Chocolate & Caramel Cereal Bars
2 Tesco Healthy Living Apple & Strawberry Cereal Bars	2 Tesco Healthy Living Apple & Strawberry Cereal Bars
1 Tesco Healthy Living Sweet Fruit & Nut Cereal Bar	1 Tesco Healthy Living Sweet Fruit & Nut Cereal Bar
1 Wheatable Daily Bar, all varieties	1 Wheatable Daily Bar, all varieties

If you choose a ready-made sandwich made with wholemeal bread (seems – not primary), you can count the bread as a healthy Extra because you should 4 types from the fibre value of your sandwich.

nuts & seeds

Nuts and seeds are a great source of protein and minerals and a super snack!

20 almonds, shelled and whole, or 2 level tsp baked almonds	20 almonds, shelled and whole, or 2 level tsp baked almonds
6 Brazil nuts, shelled and whole	6 Brazil nuts, shelled and whole
12 cashew nuts, shelled and whole	12 cashew nuts, shelled and whole
7 chestnuts, shelled and whole	7 chestnuts, shelled and whole
36g coconut flesh, fresh	36g coconut flesh, fresh
20 hazelnuts	20 hazelnuts
2 level tsp linseed	2 level tsp linseed
1 level tsp mixed nuts, chopped	1 level tsp mixed nuts, chopped
16 pecan nuts, shelled and whole	16 pecan nuts, shelled and whole

shellfish

115g cookies	115g cookies
225g cookies	225g cookies
150g crab, canned in brine	150g crab, canned in brine
100g crab, fresh	100g crab, fresh
450g lobster (weighed with shell)	450g lobster (weighed with shell)
110g mussels	110g mussels
150g octopus	150g octopus
120g prawns, cooked & peeled	120g prawns, cooked & peeled
150g prawns, raw & shell on	150g prawns, raw & shell on
150g scallops, without shells	150g scallops, without shells
120g shrimp (not in bread crumbs)	120g shrimp (not in bread crumbs)
150g squid	150g squid

dried fruit

80g apple	80g apple
70g apricots, semi-dried	70g apricots, semi-dried
80g figs	80g figs
40g goi berries	40g goi berries
80g peaches	80g peaches
80g pears	80g pears
80g prunes, ready to eat/dry	80g prunes, ready to eat/dry

white fish

150g cod	150g cod
150g haddock	150g haddock
120g hake	120g hake
150g halibut	150g halibut
150g hoki	150g hoki
150g lemon sole	150g lemon sole
150g murelet	150g murelet
150g plaice	150g plaice
120g sea bass	120g sea bass
150g turbot	150g turbot
150g whiting	150g whiting

12 pecan nut halves	12 pecan nut halves
1 level tsp pine nuts or kernels	1 level tsp pine nuts or kernels
28 pistachio nuts, shelled	28 pistachio nuts, shelled
2 level tsp pumpkin seeds, shell removed	2 level tsp pumpkin seeds, shell removed
2 level tsp sesame seeds, shell removed	2 level tsp sesame seeds, shell removed
2 level tsp sunflower seeds, shell removed	2 level tsp sunflower seeds, shell removed
30g tiger nuts	30g tiger nuts
6 walnut halves	6 walnut halves

oily fish*

110g carp	110g carp
65g herring	65g herring
60g kipper	60g kipper
60g mackerel, canned in tomato sauce	60g mackerel, canned in tomato sauce
60g mackerel, canned in tomato sauce	60g mackerel, canned in tomato sauce
100g pilchard, canned in tomato sauce	100g pilchard, canned in tomato sauce
80g salmon, canned in brine	80g salmon, canned in brine
60g salmon, fresh	60g salmon, fresh
60g salmon, smoked	60g salmon, smoked
70g sardines, canned in tomato sauce	70g sardines, canned in tomato sauce
70g sardines, fresh	70g sardines, fresh
100g trout	100g trout
115g tuna in brine/spring water**	115g tuna in brine/spring water**
80g tuna, fresh	80g tuna, fresh

cheese

75g Reduced fat/light soft cheese	75g Reduced fat/light soft cheese
85g Ricotta	85g Ricotta
30g Roquefort	30g Roquefort
30g Serrano free cheese	30g Serrano free cheese
30g Stilton, blue	30g Stilton, blue
30g Stilton, white	30g Stilton, white
30g Wensleydale	30g Wensleydale

canned fruit

canned in juice not syrup, all weights include juice

300g apple slices	300g apple slices
300g apricots	300g apricots
120g breakfast apricots	120g breakfast apricots
270g pears	270g pears
150g prunes	150g prunes
370g raspberries	370g raspberries

cooked fruit

cooked weight

220g baked apple and 1 level tsp mince/seed	220g baked apple and 1 level tsp mince/seed
370g apple	370g apple
450g fresh apricots	450g fresh apricots
400g blackberries & apple	400g blackberries & apple
300g blackberries	300g blackberries
250g blackcurrants	250g blackcurrants
300g damsons	300g damsons
270g fresh figs	270g fresh figs
300g gooseberries	300g gooseberries
150g green gages	150g green gages
300g green gages	300g green gages
400g loganberries	400g loganberries
300g nectarines	300g nectarines
300g pears	300g pears
400g plums, all varieties	400g plums, all varieties
150g prunes	150g prunes
250g raspberries	250g raspberries
300g strawberries	300g strawberries
450g rhubarb	450g rhubarb
270g whitecurrants	270g whitecurrants

cheese

35g Asda Lancashire Semi Hard Cheese	35g Asda Lancashire Semi Hard Cheese
40g Brie, white	40g Brie, white
30g Casu Marzu	30g Casu Marzu
40g Camembert	40g Camembert
30g Cheddar	30g Cheddar
60g Cheddar spread	60g Cheddar spread
30g Cheshire	30g Cheshire
30g Danish Blue	30g Danish Blue
30g Derby	30g Derby
30g Double Gloucester	30g Double Gloucester
30g Edam	30g Edam
30g Emmental	30g Emmental
45g Feta	45g Feta
45g Full fat soft cheese	45g Full fat soft cheese
30g Gouda mild hard cheese	30g Gouda mild hard cheese
40g Gouda mild soft cheese	40g Gouda mild soft cheese
30g Gorgonzola	30g Gorgonzola
30g Gruyere	30g Gruyere
30g Grana Padano	30g Grana Padano
30g Gruyere	30g Gruyere
30g Halloumi	30g Halloumi
30g Jarlsberg	30g Jarlsberg
30g Lancashire	30g Lancashire
100g Low fat/smooth light soft cheese	100g Low fat/smooth light soft cheese
40g Mozzarella	40g Mozzarella
30g Parmesan/Parmigiano Reggiano	30g Parmesan/Parmigiano Reggiano
40g Processed cheese	40g Processed cheese
30g Red Leicester	30g Red Leicester
40g Reduced fat Cheddar	40g Reduced fat Cheddar
75g Reduced fat cheese spread	75g Reduced fat cheese spread
40g Reduced fat Emmental	40g Reduced fat Emmental
75g Reduced fat Feta	75g Reduced fat Feta
45g Reduced fat Halloumi	45g Reduced fat Halloumi
40g Reduced fat Mozzarella	40g Reduced fat Mozzarella
40g Reduced fat Red Leicester	40g Reduced fat Red Leicester

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RJ Alexander

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name RJ Alexander.

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