

cereals

35g Asda/Asda Wholegrain Blueberry Wheat	35g Asda/Asda Wholegrain Blueberry Wheat
35g Asda/Asda Wholegrain Simply Delicious Muesli	35g Asda/Asda Wholegrain Simply Delicious Muesli
35g Asda/Asda Wholegrain Simply Nutty Muesli	35g Asda/Asda Wholegrain Simply Nutty Muesli
35g Asda/Asda Wholegrain No Added Sugar Muesli	35g Asda/Asda Wholegrain 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 Real Berry Crunch	30g Kellogg's All-Bran Real Berry Crunch
35g Kellogg's All-Bran Sublime Bran	35g Kellogg's All-Bran Sublime Bran
35g Kellogg's All-Bran Yoghurt Flakes	35g Kellogg's All-Bran Yoghurt Flakes
35g Kellogg's Frosted/ Peanut Wheat	35g Kellogg's Frosted/ Peanut 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/ Sesame	2 Hygiea Cracked Black Pepper/ Sesame
2 Hygiea Dark Rye Original	2 Hygiea Dark Rye Original
4 Hygiea Dark Rye Original	4 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 & Mascarpone
with Giant Butterbean/Poached Red
Pepper & Feta with Black Eyed Beans

200g serving Bakers' Peasantry Soup,
Feta & Ham/Smoked Beef

400g can Bakers' Peasantry Soup,
Chicken Breast

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

200g serving Bakers' Day Full Soup,
Butternut, Tomato & Butternut/
Broccoli, 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 pringlez oats (unflavoured)	35g pringlez oats (unflavoured)
35g Post Single Flute	35g Post Single Flute
35g Quaker Oat Crisp Cereal	35g Quaker Oat Crisp Cereal
30g Wheatable	30g Wheatable
Chocolate Spoonies	Chocolate Spoonies
35g Wheatate Crispy Mix, Fruit & Nut/Strawberry	35g Wheatate Crispy Mix, Fruit & Nut/Strawberry
35g Wheatate Crunchy Bran	35g Wheatate 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 Allinson Wholemeal

Batch bread (800g sliced loaf)

2 slices Hovis Favourite

Marbled Wholegrain bread

2 slices Hovis Favourite 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 Phenip

400g can Bakers' Vegetarian Soup,
Mediterranean Tomato

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

400g can Hovis Classic
Winter Vegetable Broth

200g serving Home Grown Garden Soup,
Butternut Squash & Sweet Potato/
Carrot & Courgette/Lentil & Potato/
Mediterranean/Our Best Vegetable/
Pumpkin Tomato & Garlic/Souper Greens

meat & poultry

raw weight

beef

40g	40g	beef or steak
80g	80g	extra lean minced beef
110g	60g	veal fillet

lamb

80g	80g	lamb
-----	-----	------

poultry

110g	70g	chicken
90g	60g	duck
110g	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 Homegrown & Mils Chocolate Bars	2 Honey Monster Six Homegrown & Mils 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 Nibble Chewy Chocolate Fudge Cereal Bar	1 Marmite Nibble Chewy Chocolate Fudge Cereal Bar
2 Marmite Nibble Chewy Caramel Bars	2 Marmite Nibble Chewy Caramel 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 Wheatate Daily Bar, all varieties	1 Wheatate Daily Bar, all varieties

If you choose a ready-made sandwich made with wholemeal bread (Sensory - not primary), you can count the bread as a healthy 10 extra minutes and deduct it from the time 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	12 pecan nut halves
8 Brazil nuts, shelled and whole	1 level tsp pine nuts or kernels
12 cashew nuts, shelled and whole	28 pistachio nuts, shelled and whole
7 chestnuts, shelled and whole	2 level tsp pumpkin seeds, shell removed
30g coconut flesh, fresh	2 level tsp sesame seeds, shell removed
20 hazelnuts	2 level tsp sunflower seeds, shell removed
2 level tsp linseed	30g tiger nuts
1 level tsp mixed nuts, chopped	6 walnut halves
16 peanuts, shelled and whole	

shellfish

110g cookies	110g cookies
220g cookies	220g cookies
160g crab, canned in brine	160g crab, canned in brine
100g crab, fresh	100g crab, fresh
450g lobster (weighed with shell)	450g lobster (weighed with shell)
110g mussels	110g mussels
110g octopus	110g octopus
110g prawns, cooked & peeled	110g prawns, cooked & peeled
160g prawns, raw & shell on	160g prawns, raw & shell on
110g scallops, without shells	110g scallops, without shells
120g shrimp (not in bread crumbs)	120g shrimp (not in bread crumbs)
110g shrimp	110g shrimp
110g squid	110g squid

dried fruit

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

white fish

100g cod	100g cod
100g haddock	100g haddock
100g hake	100g hake
100g halibut	100g halibut
100g hoki	100g hoki
100g lemon sole	100g lemon sole
100g mackerel	100g mackerel
100g plaice	100g plaice
100g sea bass	100g sea bass
100g turbot	100g turbot
100g whiting	100g whiting

oily fish*

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

cheese

70g Reduced fat/light soft cheese	70g Reduced fat/light soft cheese
80g Ricotta	80g 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
130g breakfast apricots	130g 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 meat	220g baked apple and 1 level tsp mince meat
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

30g Asda Lancashire Semi Hard Cheese	30g 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
40g Feta	40g Feta
40g Full fat soft cheese	40g 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
70g Reduced fat cheese spread	70g Reduced fat cheese spread
40g Reduced fat Emmental	40g Reduced fat Emmental
70g Reduced fat Feta	70g Reduced fat Feta
40g Reduced fat Halloumi	40g Reduced fat Halloumi
40g Reduced fat Mozzarella	40g Reduced fat Mozzarella
40g Reduced fat Red Leicester	40g Reduced fat Red Leicester

Green Day
Healthy Extra
B Choices
(2014)

Green Day Healthy Extras List

Neal Adams



Green Day Healthy Extras List:

Green Day Healthy Extras List: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. Green Day Healthy Extras List : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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