Dried, Canned and Cooked Fruit: Healthy Extra B  
  
50g apple, dried  
375g apple, cooked  
225g apple, baked and 1 level tablespoon mincemeat  
60g apricots, semi-dried  
125g apricots, canned in juice  
450g fresh apricots, cooked  
300g blackberries, cooked  
250g blackcurrants, cooked  
350g damsons, cooked  
50g figs, dried  
350g gooseberries, cooked  
~~\*150g greengages, cooked~~350g greengages, cooked  
~~400g loganberries, cooked  
55g peaches, dried~~350g pears, canned in juice  
~~60g pears, dried  
45g pineapple, dried  
225g pineapple, canned in juice~~400g plums, all varieties, cooked  
125g prunes, canned in juice  
65g prunes, semi-dried  
150g prunes, cooked  
250g raspberries, cooked  
500g rhubarb, cooked  
350g pears, cooked  
~~30g bag Bear Granola Nibbles,100% Whole Grains & Fruit, any variety~~50g figs, semi-dried, ready to eat  
40g goji berries, dried<  
300g apple slices, canned in juice  
125g breakfast apricots, canned in juice  
~~100g breakfast compote, canned in juice  
375g raspberries, canned in juice  
400g blackberries & apple, cooked~~275g fresh figs, cooked  
350g redcurrants, cooked  
275g whitecurrants, cooked  
~~4 Bear Yoyo's, 100% Fruit Rolls, any variety  
300g nectarines, dried  
70g Whitworth's Breakfast Dried Fruit, Honey Apricots  
75g Whitworth's Breakfast Dried Fruit, Vanilla Prunes  
50g Whitworth's Breakfast Dried Fruit, Maple Figs~~175g Natures Finest Mango in Juice  
40g Urban Fruit Dried Pineapple Pieces  
40g Urban Fruit Dried Mango Slices  
40g Urban Fruit Dried Black Cherry Pieces  
  
HiFi Bars: Healthy Extra B  
  
1 chocolate & orange  
1 Mint crunch  
1 Belgian Chocolate Deluxe  
\*2 Light chocolate and Caramel  
\*1 Light Chocolate & Caramel  
1 Peanut Heaven  
\*2 Light Rocky Road  
\*1 Light Rocky Road  
1 Christmas pudding  
2 Light salted caramel  
  
Nuts & Seeds: Healthy Extra B  
  
20 almonds, shelled & whole  
20g flaked almonds  
5 Brazil nuts, shelled & whole  
14 cashew nuts, shelled & whole  
~~\*3 chestnuts, shelled & whole~~\*7 chestnuts, shelled & whole  
35g fresh coconut  
23 hazelnuts  
~~35g hummus, plain  
55g hummus, reduced fat, plain~~1 level tablespoon mixed nuts, chopped  
30 peanuts, shelled & whole  
11 pecan nut halves  
1 level tablespoon pine nuts or kernels  
35 pistachio nuts, shelled  
2 level tbsp pumpkin seeds  
2 level tbsp spoons sunflower seeds  
~~2 level dessert-spoons tahini paste  
30g tiger nuts~~5 walnut halves  
2 level tbsp linseed  
2 level tbsp sesame seeds  
20g Linwood's Milled Flaxseed with Probiotic & Vitamin D  
  
~~Oil Healthy: Extra B~~  
~~1 tablespoon extra virgin olive oil~~  
Soups: Healthy Extra B  
  
200g serving Baxter's Vegetarian Spicy Parsnip Soup  
200g serving Baxter's Chunky Country Vegetable Soup  
200g serving Baxter's Chunky Smoked Bacon & Three Bean Soup  
200g serving Baxter's Healthy Chicken & Vegetable Soup  
~~200g serving Baxter's Healthy Italian Bean & Pasta Soup~~400g can Waitrose Tomato & Basil soup  
~~300g Co-op Carrot & Coriander Fresh Soup  
200g serving Baxter's Healthy Autumn Vegetable with Mild Spices Soup  
400g pot Morrison's M Kitchen Fresh to Go Tomato & Basil Soup  
208g M & S Count on Us Carrot & Butterbean Soup, 415g can  
200g Sainsbury’s BGtY Moroccan Chickpea & Spinach Soup  
300g serving Sainsbury's Cream of Vegetable Fresh Soup  
200g serving Asda Chosen by You Vegetable Soup, 400g can~~200g serving Baxter's Healthy Puy Lentil & Tomato Soup  
200g serving Sainsbury’s BGtY Tomato & Three Bean Soup, 400g can  
~~200g serving Sainsbury’s Chunky Chilli Con Carne Soup, 400g can  
300g Co-op Taste the Season Leek & Potato Fresh Soup~~200g serving Co-op Low Fat Tomato & Three Bean Soup  
300g Co-op Truly Irresistible Tomato & Chilli Soup  
~~300g New Covent Garden Plum Tomato & Basil Fresh Soup~~300g New Covent Garden Carrot & Coriander Fresh Soup  
208g M & S Chunky Chunky Tomato, Chorizo & Black Eyed Bean Soup  
300g Morrison's Chicken & Vegetable Soup, chilled  
~~200g Baxter's Deli Squash & Mascarpone with Butter Beans Soup~~200g Baxter's Vegetarian Carrot & Butterbean Soup  
200g Co-op Scotch Broth, 400g can  
400g can Co-op Simply Value Vegetable Soup  
200g Baxter's Stay Full Broccoli, Salmon & Watercress Soup  
~~200g Baxter's Stay Full, Beetroot, Tomato & Buckwheat Soup~~1 sachet Batchelor's High-Veg a Soup, Country Vegetable, dried  
400g can Baxter's Vegetarian Mediterranean Tomato Soup  
~~200g Baxter's Deli Red Pepper & Feta with Black Eyed Beans Soup  
200g Baxter's Stay Full Beetroot, Tomato & Buckwheat Soup  
200g Baxter's Stay Full Spiced Butternut Squash & Edamame Bean Soup  
300g New Covent Garden Leek & Potato Fresh Soup~~400g can Waitrose Tomato & Basil Soup  
~~350g pouch Waitrose Parsnip & Ginger Soup~~  
~~340g pot Sainsbury's Tomato, Basil & Chilli Microwave Soup~~300g Asda Chosen by You Carrot, Orange & Ginger Fresh Soup  
~~300g Morrison's M Kitchen Fresh Vegetable & Lentil Broth~~200g Sainsbury's Chicken Curry & Brown Rice Soup, 400g can  
~~200g Sainsbury's Wholewheat Minestrone Soup, 400g can  
300g serving New York Soup Co New England Butternut Squash Skinny Fresh Soup~~200g serving Sainsbury's Chunky Beef & Dumpling Soup, canned  
200g serving Sainsbury's Mexican Bean Soup, canned  
~~200g serving Tesco Chicken & Vegetable Meal Soup  
300g serving Tesco Finest Beetroot & Horseradish Soup, 600g pot, chilled  
400g can Baxter's Favourites Chicken Broth~~200g serving Baxter's Vegetarian Garden Pea & Mint Soup  
200g serving Baxter's Favourites Pea & Ham Soup  
200g serving Baxter's Favourites Scotch Broth Soup  
~~400g can Baxter's Favourites Chicken Broth Soup  
300g pouch Look What We Found! North Yorkshire Carrot & Coriander Soup~~300g serving New Covent Garden Spiced Chicken & Lentils Soup  
300g serving New Covent Garden Souper Green with Italian Basil Pesto Soup  
300g serving New Covent Garden Tomato & Vegetables with Laird Lentils Soup  
200g serving Sainsbury's Chicken Balti Meal Soup  
~~200g serving Baxter's Healthy Minestrone Soup with Wholemeal Pasta, canned  
300g serving Waitrose Love Life Beetroot & Mint Soup, chilled  
200g Heinz Farmers Market Garden Pea & Mint Soup~~300g serving New Covent Garden Vegetable Soup with Red Split Lentils  
300g serving New Covent Garden Slow Roast Tomato & Basil Soup  
~~300g serving New Covent Garden British Chicken & Vegetable Soup with Lentils & Barley  
300g serving Creamy Celeriac with Seasonal Root Vegetable Soup~~300g serving New Covent Garden Wild Mushroom Soup  
200g serving Tesco Healthy Living Three Bean & Vegetable Soup, canned  
200g serving Crosse & Blackwell Best of British Leek & Potato Soup, canned  
300g serving Sainsbury's Taste the Difference Green Vegetable Primavera Soup  
300g serving Aldi Stores Tomato & Basil Fresh Soup  
300g serving Marks & Spencer Super Vegetable Fresh Soup