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