

<u>Treats</u>	<u>Serving size</u>	<u>Calories (kCal)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbohydrate (g)</u>
Haribo	45g	155	3	0	36
Skittles	55g (1 packet)	222	0	2	50
Jaffa cakes	3 cakes	138	2	3	26
Dominos pepperoni large slice	1 slice	300	1	13	34
Nutella	15g	81	1	5	9
Galaxy	42g (1 bar)	250	3	15	25
85% Dark chocolate	10g (1 square)	60	1	5	2
Kinder Bueno	19.5g (1 bar)	123	2	8	11
Mars bar	52.5g (1 bar)	260	3	10	40
Snickers	52.7g (1 bar)	250	4	12	33
Cadburys cream egg	34g	150	2	6	25
Fruit pastels	52.5g (1 tub)	185	2	0	44
Dominos garlic	1 slice	82	2	4	10
Dominos chicken wings	3 pieces	150	12	6	14

Gold magnum	1 stick	290	3	20	25
Maltesers	37g (1 bag)	187	3	9	23
Pringles	30g	152	1	9	16
Jelly Tots	42g (1 pack)	144	0	0	36
Terry chocolate orange	4 segments	164	2	9	19
McDonalds ice cream cone	1 cone	170	5	5	27
McDonalds 10 nuggets	10 pieces	470	22	30	30
McDonalds small fries	Small	230	3	11	29
Biscoff spread	1tbsp	89	1	6	8
Oreos	3 cookies	160	1	7	25
Reeses peanut butter cup	2 cups	210	5	13	24
Nestle smarties	38g (1 tube)	176	4	7	26
Starbucks chocolate chip cookie	1 cookie	320	2	16	42
Subway cookie	1 cookie	220	0	10	40
Dominos cookie	2 cookies	166	0	7	25

Smirnoff vodka	1.5 ounces	97	0	0	0
Table red wine	3.5fl oz	74	0	0	0
Pure gin	1.5 ounces	97	0	0	0
Table white wine	3.5fl oz	70	0	0	0
Guinness	1x can	186	2	0	16