

## healthy extra 'a' choices

### milk

Enjoy milk on its own, in hot drinks, or on cereal.

- ♥ 350ml skimmed milk
- ♥ 250ml semi-skimmed milk
- ♥ 175ml whole milk
- ♥ 250ml semi-skimmed goats' milk
- ♥ 200ml whole goats' milk
- ♥ 130ml sheep's milk
- ♥ 350ml unsweetened calcium – enriched soya milk
- ♥ 250ml sweetened calcium – enriched soya milk
- ♥ 250ml calcium-enriched rice milk

### cheese

Use in sandwiches, on jacket potatoes or on pasta – whole, grated, sliced, melted or grilled!

- ♥ 28g Cheddar
- ♥ 28g Double Gloucester
- ♥ 28g Edam
- ♥ 28g Emmental
- ♥ 28g Gouda
- ♥ 28g Gruyère
- ♥ 28g Parmesan
- ♥ 28g Red Leicester
- ♥ 42g Feta
- ♥ 42g Mozzarella
- ♥ 42g Reduced fat Cheddar
- ♥ 42g Reduced fat Cheshire

'a' choices are dairy foods that are high in calcium. Maintaining a high intake of calcium when you're slimming is important for good health and may aid your weight loss too.

### grab & go!

Choose these Healthy Extras when you have time to eat – but not to measure!

- ♥ 2 x 25g Dairylea Light Cheese Slices
- ♥ 4 x 20g Dairylea Light Triangles
- ♥ 2 x 20g Dairylea Original Triangles
- ♥ 6 x 17.5g The Laughing Cow Extra Light Triangles
- ♥ 5 x 17.5g The Laughing Cow Light Triangles
- ♥ 2 Mini Babybel Emmental Cheeses
- ♥ 2 Mini Babybel Light Cheddar Cheeses
- ♥ 3 Mini Babybel Light Cheeses
- ♥ 2 Mini Babybel Original Cheeses

# Healthy Extras Full List

**CO Houle**



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