



Suitable healthy break snacks	Not allowed at break
Pieces of fresh fruit	Any type of confectionery, eg chocolate products and sweets
Fruit pots of sliced or chopped fresh fruit	Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers
Canned fruit in natural juice	Cakes, buns or pastries
Salad pots	Cereal or fruit bars
Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber	All biscuits
Bread, pancakes or scones with a thin spread of margarine	Fizzy drinks
Breadsticks or crackers with cheese	Dried fruit that has been sugared or coated in yogurt or chocolate
Sandwiches, bagels, baguettes, pitta bread, tortilla wraps or rolls	Pretzels
Yogurts	Nuts