Activia Fat Free Yoghurts (Free except for the peach which is 0.5syns)

Alpen Lights, all flavours

Blue Dragon Express instant noodles (Free)

Choc Shot Hot Chocolate (1 teaspoon is 0.5 syn)

Mugshotz

Muller Lights

Quark

B Free Wraps (HeB)

Fry Light all flavours (Free)

Healthline tea biscuits (0.5 syns each)

Hodgins Low Fat Sausages (1 syns per sausage)

Country kitchens bakery multiseed bagel slims (HeB)

Wholemeal sandwich slims (HeB)

Dunnes OB Bacon Medallions (Free)

Philadephia Light (HeA)

Almond Milk, Unsweetened (HeA)

Kandee Tomato Ketchup (1syn for 50g)

Kelkin 100cal snack packs micro popcorn (5 syns per pack)

Knorr Chip Shop Curry Sauce (2.5 syns for a sachet)

McCain Rustic Chips 3% fat (1syn per 100g)

Rankin brown soda bread 400g loaf (55g for HeB)

Pink n Whites (2.5 syns each)

3 for €9 deal - Dunnes OB Turkey Breasts, Chicken Fillets, 2x Chicken Breast on the bone (skin removed), Salmon Fillets - all free

Heck Zesty Chicken Sausages - 2 sausages 0.5 syns

Heck Chicken Italia Sausages - 1 sausage 0.5 syns

Heck Smoky Paprika Chicken Sausages - 2 sausages 2 syns