

Updated December 2015

FAT EXCHANGE LIST 2015

NOTE: Information is correct at time of printing. Always remember to check food labels in case any products have changed.

BREADS



Free

- 1 slice Ballymore Crust Family Pan White (Aldi) (2 slices = ½ exchange)
- 1 Irish Pride Slimsters (2 slices = ½ exchange)
- 1 M&S Mini White Pitta (2 pittas = ½ exchange)

½ Exchange

- 1 slice Ballymore Crust 100% Wholemeal (Aldi)
- 1 slice Brennans 100% Wholemeal Bread (2 slices = 1 ½ exchanges)
- 1 slice Brennans Be Good White Bread
- 1 slice Brennans Be Good Wholemeal Bread
- 1 slice Brennans Brown & White in One Bite)
- 1 slice Brennans Family Pan Premium White Bread
- 1 slice Connell Bakery White Half Sliced Pan (Lidl)
- 1 slice Connell Bakery White Medium Sliced Pan (Lidl)
- 1 slice Connell Bakery White Premium Sliced Pan (Lidl)
- 1 slice Connell Bakery Wholemeal Half Sliced Pan (Lidl) (2 slices = 1 ½ exchanges)
- 1 slice Hovis Nimble Wholemeal Bread
- 1 slice Hovis Wholemeal Bread (2 slices = 1 ½ exchanges)
- 1 slice Irish Pride Big Toast Bread (2 slices = 1 ½ exchanges)
- 1 slice Irish Pride Rustic Bake Wholemeal Bread
- 1 slice Irish Pride Sandwich Bread
- 1 slice Irish Pride White & Wholemeal Sandwich Bread
- 1 slice Irish Pride Wholegrain Bread
- 1 slice Irish Pride Wholemeal Sandwich Bread)
- 1 Johnston Mooney & O'Brien Chia & Golden Linseed Sandwich Thin
- 1 Johnston Mooney & O'Brien Goodness of Both Sandwich Thin
- 1 slice Johnston Mooney & O'Briens Butter Krust Family Pan
- 1 slice Johnston Mooney & O'Briens Goodness of Both Bread
- 1 slice Johnston Mooney & O'Briens Toastie
- 1 slice Johnston Mooney & O'Briens Wholemeal Bread Goodness
- 1 M&S Mini Wholemeal Pitta
- 1 slice McCambridges Irish Stone Ground Wholewheat Bread (2 slices = 1 exchange)
- 1 Pat the Baker Slimbo Plain
- 1 slice Pat the Baker Thick Sliced Toasty Pan
- 1 slice Pat the Baker Wholegrain Bread
- 1 Super Valu Oval White Pitta Bread
- 1 Super Valu Round White Pitta Breads
- 1 slice Super Valu White Sliced Bread
- 1 Tesco Wholemeal Pitta Bread

1 Exchange

- 1 Brennans Bagel Cinnamon & Raisin
- 1 Brennans Bagel Plain
- 1 slice Brennans Batch High Fibre
- 1 Brennans Be Good Sesame & Linseed Sandwich Bread
- 1 Brennans Be Good Wholemeal Sandwich Bread
- 1 slice Brennans Brown Bread Wholegrain (2 slices = 1 ½ exchanges)
- 1 slice Brennans Wholegrain Batch
- 1 Connell Bakery Multiseed Sandwich Slim (Lidl)
- 1 slice Connell Bakery Wholemeal Premium Sliced Pan (Lidl)
- 1 Country Kitchens Round White Pitta Bread
- 1 Country Kitchens Crispy Ciabatta
- 1 Country Kitchens Round Wholemeal Pitta Bread
- 1 slice Dunnes Stores Brown Sliced Pan
- 1 Dunnes Stores Fresh White Pitta Bread
- 1 Dunnes Stores White Mediterranean Wrap
- 1 slice Dunnes Stores White Sliced Bread
- 1 slice Dunnes Stores White Sliced Pan
- 1 Dunnes Stores Wholemeal Mediterranean Wrap
- 1 slice Dunnes Stores Wholemeal Sliced Bread
- 1 slice Hovis Best of Both Bread (2 slices = 1 ½ exchanges)
- 1 slice Hovis Granary Wholemeal Bread
- 1 Irish Pride Slimsters Square (2 squares = 1 ½ exchanges)
- 1 slice Just Free Gluten Free White Sliced Pan (Lidl)
- 1 slice Juvela Part Baked Gluten Free Fibre Loaf (2 slices = 1 ½ exchanges)
- 1 Lynchs Pancake (Aldi)
- 1 New York Bakery Cinnamon & Raisin Bagel
- 1 New York Bakery Plain Bagel
- 1 Pat the Baker 100% Wholemeal Slimbo
- 1 Rowan Hill White Pitta Bread (Lidl)
- 1 Rowan Hill Wholemeal Pitta Bread (Lidl)
- 1 Super Valu Bake at Home Ciabatta
- 1 Super Valu Round Wholemeal Pitta Bread

1 ½ Exchanges

- 1 slice Brennans Crunchy Wholemeal with Pumpkin & Poppy Seeds
- 1 Connell Bakery Buttermilk Pancake (Lidl)
- 1 Connell Bakery Seeded Burger Bun (Lidl)
- 1 Connell Bakery Unseeded Burger Bun (Lidl)
- 1 Dunnes Stores Fresh Wholemeal Pitta Bread
- 1 Dunnes Stores Plain Burger Bun
- 1 slice Irish Pride Healthy Grain Bread (2 slice = 2 ½ exchanges)
- 1 slice Just Free Gluten Free Multigrain Sliced Pan (Lidl)
- 1 slice Pat the Baker Multi-Grain Brown Sliced Pan (2 slices = 2 ½ exchanges)
- 1 Pat the Baker Slimbo Brown Mixed Seed (2 slices = 2 ½ exchanges)
- 1 Pat the Baker Slimbo Sesame & Linseed



2 Exchanges

- 1 Brennans Bagels Poppy
- 1 slice Brennans Multiseed Bread
- 1 slice Connell Bakery Wholemeal Soda Bread (Lidl)
- 1 Dunnes Bake at Home Crusty Roll
- 1 Dunnes Bake at Home Half Baguette
- 1 slice Dunnes Stores Square White Batch
- 1 Irish Pride Bunster Bun with Seeds
- 1 Irish Pride Bunster Bun No Seeds
- 1 Johnston Mooney & O'Briens Bundy Hot Dog Roll
- 1 Johnston Mooney & O'Briens Bundy Original
- 1 Johnston Mooney & O'Briens Bundy Sesame Seed
- 1 Lynchs Large Pancake (Aldi)
- 1 New York Bagel Wholemeal
- 1 New York Bakery Sesame Bagel
- 1 Old El Paso Corn Tortilla Wrap
- 1 Old El Paso Soft Flour Tortilla Wrap
- 1 Rowan Hill Mediterranean Herb Wrap (Lidl)

BREAKFAST CEREALS



Free

- Aldi Cornflakes (30g)
- Aldi Crisp Rice (30g)
- Aldi Frosted Flakes (30g)
- Dunnes Cornflakes (30g)
- Dunnes Frosted flakes (30g)
- Kelloggs Cornflakes (30g)
- Kelloggs Frosties (30g)
- Kelloggs Rice Krispies (30g)
- Lidl Cornflakes (30g)
- Lidl Frosted Flakes (30g)
- Supervalu Cornflakes (30g)
- Supervalu Frosted Flakes (30g)
- Tesco Cornflakes (30g)
- Tesco Frosted flakes (30g)

½ Exchange

- Aldi Benefit Original (30g)
- Aldi Bran Flakes (40g)
- Aldi Malted Wheaties (40g)
- Aldi Wheat Bisks
- Bixies (Wheat Biscuits 20g biscuit)
- Dunnes Especially You (30g)

½ Exchange

Dunnes Wheat Biscuits (1 biscuit)
Flahavans Oatlets (8g 1 tablespoon)
Kelloggs Bran Flakes (30g)
Kelloggs Special K (30g)
Kelloggs Special K Red Berry (30g)
Lidl Branflakes (30g)
Lidl Honey balls (30g)
Lidl Honey Hoops (30g)
Lidl Special Flakes
Nestle Golden Nuggets (30g)
Nestle Frosted Shreddies (40g)
Ready Brek (8g – 2 tablespoons)
Sugar Puffs (40g)
Super Value Rice Krunchies (30g)
Super Value Special Flakes (30g)
Super Value Wheat Biscuits (20g biscuit)
Tesco Rice Snaps (30g)
Tesco Special Flakes (30g)
Tesco Wheat Biscuits
Weetabix – 1 biscuit
Weetabix Banana - 1 biscuit
Weetabix Golden Syrup 1 biscuit

1 Exchange

Aldi Choco Rice (30g)
Aldi Multigrain Hoops (40g)
Dunnes Bran flakes (40g)
Kelloggs Coco Pops (30g)
Kelloggs Coco Pops Croc Prints (30g)
Kelloggs Frosted Wheats (40g)
Kelloggs Honey Loops (30g)
Kelloggs Just Right (40g)
Kelloggs Mini Max (45g)
Kelloggs Multigrain Starts (30g)
Kelloggs Raisin Wheats (40g)
Kelloggs Rice Krispie Multigrain Shapes (30g)
Kelloggs Special K Oats and Honey (30g)
Lidl Choco Hoops (30g)
Lidl Choco Moons (30g)
Lidl Choco Rice (30g)
Lidl Honey and Peanut Cornflakes (30g)
Lidl Malt Wheaties (40g)
Lidl Mini Wheats (40g)

1 Exchange

Lidl Multigrain Hoops (30g)
Lidl Rice Snaps (30g)
Nestle Cookie Crisp (30g)
Nestle Honey Cheerios (30g)
Nestle Nesquick Chocolately (30g)
Nestle Shredded Wheat (45g)
Nestle Shreddies (45g)
Nestle Wholegrain Cheerios (30g)
Super Value Choco Crunchies (30g)
Super Value Choco Snaps (30g)
Super Value Bran Flakes (40g)
Tesco Bran flakes (30g)
Tesco Choco Hoops (30g)
Tesco Choco Snaps (30g)
Tesco Malt Wheat Cereals (40g)
Weetabix Chocolate 1 biscuit

1 ½ Exchanges

Aldi Honey Numbers (30g)
Aldi Honey Nut Corn Flakes (30g)
Aldi Kavanaghs Porridge Oats (30g)
Aldi Choco Stars (30g)
Dunnes Porridge Oats (30g)
Flahavans Quick Oats Sachets: Apple, Raisin & Cinnamon (40g)
Kelloggs All Bran (40g)
Kelloggs Crunchy Nut Corn Flakes (30g)
Lidl Oatlicious Jumbo Porridge Oats (30g)
Nestle Raisins Oats and More (30g)
Odlums Wheat Bran (30g)
Super Value Honey Nut Cornflakes (30g)
Tesco Honey Nut Flakes (30g)
Tesco Multigrain Hoops (30g)
Weetos (30g)
Weetabix Crunchy Bran (45g)

2 Exchanges

Aldi Fruit & Fibre (40g)
Flahavans Microwave Quick Oats Natural (35g sachet)
Flahavans Quick Oats Organic (40g pot)
Flahavans Quick Oats Sachets: Organic (35g sachet)
Lidl Fruit and Fibre (40g)
Lidl Oatlicious Porridge Oats (30g)
Nestle Chocolatey Cheerios (40g)
Oatibix (1 x 24g biscuit)

2 Exchanges

Oatibix Flakes (30g)
Oatflakes Mixed Raisin and Sultana (40g)
Odlums Porridge Oats (30g)
Odlums Quick & Easy Porridge Oats Microwave (30g)

2 ½ Exchanges

Tesco Fruit and Fibre (40g)
Flahavans Quick Oats Original (44g pot)
Flahavans Quick Oats Strawberry (46g pot)
Kelloggs Coco Pops Cocorocks (30g)
Kelloggs Fruit and Fibre (40g)
Nestle Almonds Oats and More (30g)
Ready brek (30g)
Super Value Fruit & Fibre (40g)

CEREAL BARS

½ Exchange

1 Alpen Light Apple and Sultana Cereal Bar (21g)

1 Exchange

Alpen Light Chocolate and Fudge Bar
Alpen Light Summer Fruit Cereal Bar
Go Ahead Crispy Slices Apple and Sultana
Go Ahead Crispy Slices Orange and Sultana
Special K Red Berry
Alpen Light Summer Fruit Cereal Bar
Go Ahead Crispy Slices Apple and Sultana
Go Ahead Crispy Slices Orange and Sultana
Alpen Light Chocolate and Fudge Bar
Special K Red Berry

1 ½ Exchanges

Belvita Breakfast Bars- Cranberry
Go Ahead Yogurt Breaks Strawberry
Kelloggs Rice Krispies Cereal and Milk Bar
Go Ahead Yogurt Breaks Strawberry
Kelloggs Rice Krispies Cereal and Milk Bar
Belvita Breakfast Bars- Cranberry
Belvita Breakfast Bars- Cranberry
Go Ahead Yogurt Breaks Strawberry
Kelloggs Rice Krispies Cereal and Milk Bar



2 Exchanges

Belvita Breakfast Bars - Forest Fruit
Belvita Breakfast Bars - Fruit & Fibre
Belvita Breakfast Bars - Honey & Nuts with Choc Chip
Belvita Breakfast Bars - Milk and Cereal
Belvita Breakfast Bars- Crunchy Oats
Go Ahead Yogurt Breaks - Forest Fruit
Harvest Morn Chewee Cereal Bar: Milk Chocolate Chip
Harvest Morn Chewee Cereal Bar: White Chocolate Chip
Harvest Morn Fruit and Fibre Cereal Bar
Harvest Morn Yogurt and Fruit Forest Fruit
Harvest Morn Yogurt Fruit Bar Strawberry
Kellogs Coco Pops Cereal and Milk Bars
McVities Breakfast Porridge Oats Biscuits - Redberries
McVities Breakfast Porridge Oats Biscuits- Oats and Honey
Special K Biscuit Moments Strawberry
Special K Double Chocolate Bar
Weetabix - Milk and Cereal Bar
Weetabix Breakfast Biscuit Apple
Belvita Breakfast Bars - Fruit & Fibre
Belvita Breakfast Bars - Milk and Cereal
Belvita Breakfast Bars- Crunchy Oats
Go Ahead Yogurt Breaks - Forest Fruit
Harvest Morn Yogurt Fruit Bar Strawberry
Kellogs Coco Pops Cereal and Milk Bars
McVities Breakfast Porridge Oats Biscuits - Redberries
McVities Breakfast Porridge Oats Biscuits- Oats and Honey
Special K Double Chocolate Bar
Weetabix - Milk and Cereal Bar
Belvita Breakfast Bars - Forest Fruit
Belvita Breakfast Bars - Honey & Nuts with Choc Chip
Harvest Morn Yogurt and Fruit Forest Fruit
Weetabix Breakfast Biscuit Apple
Harvest Morn Chewee Cereal Bar: Milk Chocolate Chip
Special K Biscuit Moments Strawberry
Harvest Morn Chewee Cereal Bar: White Chocolate Chip
Harvest Morn Fruit and Fibre Cereal Bar

2 ½ Exchanges

Special K Biscuit Moments Blueberry/ Chocolate
Harvest Morn Cranberry Bars
Harvest Morn Fruit and Grain: Strawberry

3 Exchanges

- Kelloggs Frosties Cereal and Milk Bar
- Nutrigrain Morning Bars Apple
- Nutrigrain Morning Bars Blackberry & Apple
- Nutrigrain Morning bars Blueberry
- Nutrigrain Morning Bars Strawberry
- Alpen Strawberry & Yogurt Cereal Bar
- Harvest Morn Fruit and Grain: Apples
- Kelloggs Rice Krispies Squares Honeycomb Crunch

CHEESE

Free

- 9g serving Philadelphia Lightest

1 Exchange

- 1 triangle Laughing Cow Light

2 Exchanges

- 1 tablespoon Philadelphia Light (16g)

2 ½ Exchanges

- 1 mini Babybel Light
- 100g Philadelphia Lightest

3 Exchanges

- 1 triangle Laughing Cow Cheese
- 1 tablespoon Philadelphia Original (15g)

3 ½ Exchanges

- 1 slice Galtee Cheese Singles (17g)
- 1 slice Tesco Cheese Singles (20g)

4 Exchanges

- 1 slice Kerri Easi Singles (20g)
- 1 slice Kerry Cheese Strings Spaghetti (17g)

4 ½ Exchanges

- 1 Kerry Cheese String (21g)
- 1 slice LowLow Freshly Sliced Red Cheddar (20g)
- 1 slice LowLow Freshly Sliced White Cheddar (20g)
- 1 Peelable Cheese Twirler (21g)



5 Exchanges

1 Mini Babybel

6 Exchanges

1 Dairy Lea Dunkers Jumbo Tub (47g)

1 Dairy Lea Strip Cheese

1 slice Tesco Edam (25g)

CHICKEN, TURKEY & DUCK

1 exchange

Chicken:

45 grams of Chicken Breast, grilled without skin, meat only

10 grams of Roasted Chicken, dark meat

30 grams of Roasted Chicken, light meat

Turkey:

15 grams of Roasted Turkey, dark meat

45 grams of Roasted Turkey, light meat

Duck

10 grams of Roasted Duck, meat only



CHICKEN PRODUCTS

Free

1 Brannans Deli Style Chicken Slice (Aldi)

1 Dunnes Stores Cooked Chicken Slice (21g)

½ Exchange

50g serving Super Valu Roast Chicken Breast Pieces

1 ½ Exchanges

100g Dunnes Stores Cooked Chicken Pieces

1 Big Als Chicken Dipper

100g Brannans Deli Style Roast Chicken Tikka Breast Pieces (Aldi)

2 Exchanges

1 Birds Eye Chicken Dipper

1 Dunnes Breaded Chicken Dipper

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1 Dunnes My Family Favourites Breaded Chicken Nugget

2 ½ Exchanges

1 Birds Eye Breaded Chicken Nugget

3 Exchanges

1 Birds Eye Chicken Finger

1 Braemoor Battered Chicken Dipper

1 Braemoor Breaded Chicken Dipper

1 Dunnes Battered Chicken Dipper

3 ½ Exchanges

1 Tesco Southern Fried Chicken Goujon

CRACKERS & RICE CAKES



Free

1 Bunalin Corn Cake

1 Bunalin Organic Unsalted Rice Cake

1 Bunalin Organic Salted Rice Cake

1 Carrs Table Water Biscuit with Cracked Black Pepper

1 Cracottes Original Cracker

1 Kelkin Rice Cake Salt Free

1 Ryvita Crackerbread

1 Ryvita Cracker for Cheese

1 Ryvita Dark Rye Cracker

1 Ryvita Deli Cracked Black Pepper Cracker

1 Ryvita Deli Hint of Chilli Cracker

1 Ryvita Deli Mediterranean Herbs Cracker

1 Ryvita Original

½ Exchange

1 Ryvita Deli Sesame Crispiness Cracker

1 Ryvita Thins Sweet Chilli

1 Tesco High Baked Water Biscuit

1 Tuc Original



1 Exchange

1 Carrs Cream Cracker

1 Carrs Flatbread Mixed Seed Cracker

1 Carrs Flatbread Salt and Cracked Black Pepper

1 Carrs Melts Cheese

1 Carrs Melts Original

1 Exchange

- 1 Jacobs Cream Cracker
- 1 Jacobs Crispbread Original
- 1 Jacobs Mediterranean Tomato and Basil Cracker
- 1 Jacobs Mediterranean Lightly Salted Cracker
- 1 Jacobs Mediterranean Olive Oil and Oregano Cracker
- 1 Ryvita Deli Multigrain Cracker
- 1 Tuc Bacon Flavour Cracker
- 1 Tuc Sour Cream and Onion Cracker

1 ½ Exchanges

- 1 Jacobs Crispbread - Sesame
- 1 Jacobs Snapwheat Cracker
- 1 Ryvita Thins Multiseed
- 1 Walkers Fine Oatcake

2 Exchanges

- 1 Nairns Cracked Black Pepper Oatcake
- 1 Nairns Rough Oatcake
- 1 Tesco Cheese Twist
- 1 Tesco Scottish Oatcake

2 ½ Exchanges

- 1 Walkers Highland Oatcakes

3 ½ Exchanges

- 1 Bunalin Dark Chocolate and Orange Rice Cake
- 1 Bunalin Yogurt and Orange Rice Cake

4 Exchanges

- 1 Bunalin Chocolate Covered Rice Cake
- 1 Bunalin Strawberry and Yogurt Rice Cake
- 1 Kelkin Dark Chocolate Rice Cake
- 1 Kelkin Milk Chocolate Rice Cake
- 1 Kelkin Triple Berry Yoghurt Rice Cake
- 1 Kelkin Yogurt Rice Cake

6 Exchanges

- 7 Ritz Savoury Crackers
- 6 Tesco Wheat Crackers

FISH

1 Exchange

140 grams of Cod, raw
170 grams of Haddock
50 grams Halibut
70 grams Lemon sole, raw
70 grams of Plaice, raw
110 grams of Whiting, steamed
7 grams of Herring, raw
6 grams of Mackerel, raw
8 grams of Salmon, grilled, flesh only
15 grams of Salmon, pink, canned in brine
10 grams of Sardines, canned in brine
20 grams of Trout, rainbow, grilled
170 grams of Tuna, canned in brine
10 grams of Tuna, canned in oil



FISH PRODUCTS

½ Exchange

100g Dunnes Stores Tuna Chunks in Brine
100g John West Tuna Chunks in Brine



1 Exchange

100g John West Tuna Steak in Brine No Drain

1 ½ Exchanges

1 Birds Eye Crispy Fish Bite
100g Sunny South Tuna Chunks in Brine

2 Exchanges

1 Donegal Catch Fish Finger with Extra Omega 3
85g pouch John West Mackerel with a Twist
1 Youngs Fish Finger
1 Youngs Flipper Dipper
1 Youngs Omega 3 Fish Finger

2 ½ Exchanges

1 Birds Eye Fish Fillet Burger
85g pouch John West Sardines with a Twist
1 M&S Chunky Breaded Cod Fish Finger
1 Ocean Trader Fish Finger

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30g serving Super Valu Breaded Cod Fish Finger
1 Tesco Omega 3 Breaded Fish Finger

3 Exchanges

1 Birds Eye Omega 3 Fish Finger
1 Dunnes Stores My Family Favourites Cod Fish Finger
1 Ocean Sea Alaska Pollock Fillet Fish Finger (Lidl)

3 ½ Exchanges

1 Donegal Catch Cod Finger
1 Ocean Sea Cod Fish Finger (Lidl)

4 Exchanges

1 Birds Eye Crispy Batter Fish Finger

FRUIT

7 Exchanges

35g Avocado

FRUIT SNACKS

Free

1 bag Frootz Strawberry High Fruit Buttons (18g)
1 Fruit Bowl Fruit Peelers Blackcurrant
1 Fruit Bowl Fruit Peelers Strawberry
1 bag Fruit Bowl Strawberry Flakes (16g)
1 box Kelkin Kids Raisins (14g)
1 box Raisin Eddies Californian Raisins (14g)
1 box Raisin Eddies Raisons & Apricots (14g)
1 box Raisin Eddies Sultanas & Apples (14g)
1 box Raisin Eddies Sultanas & Raisins (14g)
100g Shamrocks Dates
1 box Sunmaid Raisins (14g)
1 box Sunmaid Raisins (42.5g)
1 box Tesco Goodness Seedless Raisins (14g)
1 bag The Fruit Factory Fruit Stars (20g)
100g Whitworths Sweetened Pineapple
1 Yoyo Pure Fruit Bear: Blackcurrant
1 Yoyo Pure Fruit Bear: Strawberry

½ Exchange

- 1 box Montedoss Mini Raisin Snack Packs (Lidl) (14g)
- 1 Fruit Bowl School Bar: Apple/Blackcurrant/Raspberry/Strawberry
- 100g Raisin Eddies Californian Raisins

1 ½ Exchanges

- 1 Kellogg's Fruit Winders Doubles: Apple & Strawberry
- 1 Kellogg's Fruit Winders Doubles: Strawberry & Blackcurrant
- 1 Kellogg's Fruit Winders Strawberry (17g)



MEAT

1 Exchange

Beef

- 25 grams of Beef, trimmed lean, raw
- 10 grams of Minced beef, extra lean, stewed
- 15 grams of Rump steak, grilled, lean
- 15 grams of Topside, roasted, well done, lean

Lamb

- 15 grams of Lamb, average, trimmed, lean
- 10 grams of Lamb loin chops, grilled, lean
- 10 grams of Minced lamb, raw
- 10 grams of Roasted lamb, lean
- 10 grams of Shoulder lamb, roasted, lean

Pork

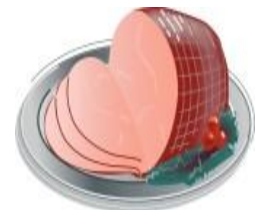
- 25 grams of Pork, trimmed lean, raw
- 20 grams of Leg joint, roasted, lean
- 15 grams of Pork loin chops, grilled, lean

MEAT PRODUCTS

Ham

Free

- 1 slice Brannans Cooked Lean Ham (Aldi)
- 1 slice Glensallagh Irish Deli Style Turkey Slices (Lidl)
- 1 slice Tesco Crumbed Deli Style Ham



½ Exchange

- 1 slice Glensallagh Irish Wafer Thin Cooked Ham (Lidl)

½ Exchange

- 1 slice Brannans Deli Style Carved Ham (Aldi)
- 1 slice Denny Deli Style Cooked Ham
- 1 slice Denny Deli Style Crumbed Ham
- 1 slice Dunnes Crumbed Ham
- 1 slice Glensallagh Irish Crumbed Ham Reduced Salt (Lidl)
- 1 slice Glensallagh Irish Traditional Style Honey Roast Ham (Lidl)
- 1 slice Glensallagh Irish Traditional Style Smoked Ham (Lidl)
- 1 slice Glensallagh Irish Wafer Thin Crumbed Ham (Lidl)
- 1 slice Super Valu Deli Style Cooked Ham
- 1 slice Super Valu Deli Style Crumbed Ham
- 1 slice Super Valu Wafer-Thin Ham

1 ½ Exchanges

- 1 slice Super Valu Corned Beef

Rashers

½ Exchange

- 1 Ballyfree Smoked Turkey Rasher
- 1 Ballyfree Turkey Rasher

2 ½ Exchanges

- 1 Brannans Smoked Back Bacon Rasher (Aldi)
- 1 Brannans Unsmoked Back Bacon Rasher (Aldi)

3 ½ Exchanges

- 1 Denny Traditional Rasher
- 30g Galtee Tendercure Back Rashers

4 Exchanges

- 1 Galtee Traditional Rasher

MILK

1 Exchange

- 30ml of full fat milk
- 70ml of low fat milk
- 400ml of skimmed milk



PANCAKES

½ Exchange

1 Tesco Mini Pancake

1 ½ Exchanges

1 Dunnes My Family Favourite Pancake

1 Mothers Pride Pancake

2 Exchanges

1 Lynchs Large Pancake (Aldi)

1 M&S Scotch Pancake

2 ½ Exchanges

1 Hovis Scotch Pancake

3 Exchanges

1 Pat the Baker Pancake

1 Sunblest Pancake

1 Tesco Pancake

4 Exchanges

1 Bakers Basket at Dunnes Large Pancake



POPCORN

3 ½ Exchanges

1 serving M&S Sweet and Salty Popcorn



POTATO PRODUCTS

1 Exchange

1 McCain's Oven Jacket Potato

1 Birds Eye Mash Tags

1 Tesco Everyday Value Potato Farl

1 Tesco Soft Potato Farl

1 ½ Exchanges

1 Birds Eye Mini Potato Waffle

1 McCain's Smiles (17g)



2 Exchanges

- 1 M&S Irish Potato Farl
- 1 Rankin Irish Potato Farl

2 ½ Exchanges

- 1 Aunt Bessie Chunky Croquette
- 1 Aunt Bessie Rustic Mini Rosti
- 1 Dunnes Potato Waffle
- 1 Tesco Croquette

3 Exchanges

- 1 McCain's Hash Brown grilled (45g)
- 1 McCain's Roast Potato (80g)

3 ½ Exchanges

- 100g Green Isle Straight Cut Oven Chips (Gluten Free)

4 Exchanges

- 100g Dunnes Steak Cut Frying Chips
- 1 Harvest Basket Potato Waffle
- 1 pack McCain Microchips

4 ½ Exchanges

- 100g Dunnes American Style Frying Chips
- 1 Green Isle Waffle
- 100g McCain Home Chips Straight Cut (grilled)
- 1 Tesco Potato Waffle

5 Exchanges

- 1 Birds Eye Potato Waffle
- 100g McCain's Home Chips Straight Cut (oven cooked)
- 100g McCain's Home Fries Crinkle Cut (oven cooked)
- 100g McCain's Home Fries Crinkle Cut (grilled)

RICE PUDDINGS, CUSTARDS & DESSERTS

1 Exchange

- 1 pot Ambrosia Light Rice (115g)

2 Exchanges

- 1 pot Tesco Low Fat Custard (150g)

2 ½ Exchanges

- 1 pot Ambrosia Rice Strawberry (120g)
- 1 pot Ambrosia Rice Apple (120g)



3 Exchanges

- 1 pot Ambrosia Rice Chocolate (120g)
- 1 pot Ambrosia Rice Pudding (120g)

3 ½ Exchanges

- 1 pot Aero Bubbly Milk Chocolate Dessert (59g)
- 1 pot Ambrosia Banana Flavour Custard (120g)
- 1 pot Ambrosia Devon Custard (120g)
- 1 pot Ambrosia Strawberry Flavour Custard (120g)
- 1 pot Tesco Custard (150g)

4 Exchanges

- 1 pot Ambrosia Rice Strawberry (190g)
- 1 pot Muller Rice Apple (180g)
- 1 pot Muller Rice Strawberry (180g)

4 ½ Exchanges

- 1 pot Ambrosia Chocolate Flavour Custard (150g)
- 1 pot Muller Rice Original (180g)

5 Exchanges

- 1 pot Ambrosia Rice Original (190g)

CONDIMENTS

Free

- 1 teaspoon Amoy Dark Soy Sauce (5ml)
- 100ml Amoy Dark Soy Sauce
- 1 teaspoon Amoy Light Soy Sauce (5ml)
- 100ml Amoy Light Soy Sauce
- 100g Ballymaloe Country Relish
- 100g Ballymaloe Cranberry Sauce
- 100g Batts Caramelised Onion Chutney
- 100ml Batts Classic BBQ Sauce (Lidl)
- 100g Chef BBQ Sauce
- 100g Chef Brown Sauce
- 100g Chef Ketchup
- 100g Deluxe Irish Country Relish
- 100g Deluxe Irish Jalapeno Pepper Relish
- 100g Deluxe Irish Tomato Relish



Free

100ml Don Carlos Spanish Cider Vinegar
100g Dunnes Tomato Ketchup
15ml Heinz Ketchup
100ml Heinz Ketchup
100ml Hellmans Fat Free Vinaigrette
100ml HP BBQ Sauce Spicy Woodsmoke
100ml HP Sauce
100g Kanpur Gardens Mango Chutney
15g serving Old El Paso Chunky Salsa
100ml Reggae Reggae Original Sauce
100ml Tesco Balsamic Vinegar of Modena
100ml Tesco BBQ Sauce
1 tablespoon Tesco Mango Chutney (15g)
100g Tesco Onion Relish
100ml Tesco Red Wine Vinegar
100ml Tesco Value Brown Sauce
100ml Tesco White Wine Vinegar
100ml YR Sauce

½ Exchange

100g Batts Bramley Apple Sauce (Lidl)
100ml Batts Brown Sauce (Lidl)
100g Batts Ploughmans Plum Chutney (Lidl)
100g Batts Tomato & Chilli Chutney (Lidl)
100g Baxters Tomato Chutney (Lidl)
100g Blue Dragon Sweet Chilli Dipping Sauce
100g Branston Original Pickle
100ml Colmans Classic Mint Sauce
100g Tesco Cranberry Sauce

1 Exchange

100g Batts Mint Sauce (Lidl)
15g serving Old El Paso Chunky Guacamole

SAUCES

Free

½ pack Amoy Sweet Thai Chilli Sauce (60g)
½ pack Blue Dragon Sweet & Sour Stir-Fry Sauce (60g)
½ pack Blue Dragon Oyster & Spring Onion Stir-Fry Sauce (60g)
100g Combino Tomato Pasta Sauce with Chunky vegetables (Lidl)
100g Dolmio Extra Onion and Garlic Sauce



Free

100g Dolmio Low Fat Bolognese Sauce
100g Dolmio Tomato Lasagna Sauce
100g Dunnes Tomato and herb Pasta Sauce
100ml prepared Knorr Stock Pot Beef
100ml prepared Knorr Stock Pot Chicken
100ml prepared Knorr Stock Pot Vegetables
100g Mexican Hot Salsa
100ml prepared Oxo Beef Stock Cubes
100ml prepared Oxo Vegetable Stock Cubes
100g Roma Passata Sauce
100g Sharwoods Sweet & Sour Stir Fry Sauce
100g Sharwoods Szechuan Sweet Chilli Cook in Sauce
100g Tesco Mild Salsa
100g Uncle Beans Sweet & Sour Sauce
100g Uncle Bens Sweet & Sour Extra Pineapple
100g Uncle Bens Sweet & Sour Spicy
100g Vitasia Sweet & Sour sauce
100g Weight Watchers Sweet & Sour Sauce

½ Exchange

½ pack Amoy Straight to Wok Tangy Sweet & Sour Sauce (60g)
50ml prepared Bisto Chicken Gravy Granules
50ml prepared Bisto Favourite Gravy Granules
½ pack Blue Dragon Chow Mein Stir-Fry Sauce (60g)
100g Dolmio Original Bolognese Sauce
100g El Tequito Chilli Con Carne Sauce (Lidl)
50ml prepared Erin Gravy Rich
100ml prepared Knorr Beef Stock Cube
100ml prepared Knorr Chicken Stock Cube
100ml prepared Knorr Lamb Stock Cube
100ml prepared Knorr Vegetable Cube
100g Old El Paso BBQ Fajita Cooking Sauce
100ml prepared Oxo Chicken Cubes
100g Uncle Bens Mexican Sauce for Chilli Con Carne Hot
100g Uncle Bens Mexican Sauce for Chilli Con Carne Medium

1 Exchange

100g Combino Spicy Tomato Pasta Sauce with Mixed Peppers (Lidl)
100g Combino Tomato Pasta Sauce (Lidl)
100g Dunnes Lasagna Red Sauce
100g Dunnes Original Bolognese
15g serving Old El Paso Chunky Guacamole
100g Sharwoods Chinese Hoi Sin & Spring Onion
100g Weight Watchers Rogan Josh

1 ½ Exchanges

½ pack Amoy Hoi Sin Stir Fry Sauce (60g)

½ pack Blue Dragon Spicy Szechuan Tomato Sauce (60g)

SOUPS

Free

100ml Avonmore Feel Good Tomato & Basil Soup

190ml prepared Knorr Quick Soup Low Cal Golden Veg

100g Weight Watchers Country Vegetable Soup

½ Exchange

100g Baxters Chicken & Vegetable Soup

100g Baxters Minestrone Soup

100g Erin Soupfuls Harvest Vegetables

½ pack Knorr Special Recipe Soup Traditional Vegetables

100g Weight Watchers Tomato Soup



1 Exchange

100g Baxters Italian Tomato & Basil Soup

190ml prepared Knorr Low Cal Chicken Soup

190ml prepared Knorr Quick Soup Golden Vegetable

200ml Newgate Vegetable Soup (Lidl)

100g Weight Watchers Chicken Soup

1 ½ Exchanges

100ml Baxter Scotch Broth

100g Baxters Carrot & Coriander Soup

190ml prepared Knorr Quick Soup Oxtail

2 ½ Exchanges

100ml Avonmore Vine Ripened Tomato & Basil

100g Erin Soupfulls Carrot & Coriander

½ pot M&S Butternut Squash (300ml)

3 Exchanges

100g Erin Cream of tomato Condensed Soup

100g Heinz Cream of Tomato Soup

½ pot M&S Spicy Lentil (300ml)

200ml Newgate Cream of Tomato Soup

3 ½ Exchanges

- 100g Fusion and Street: Bangkok Chicken Soup
- 100g Heat, Eat & Enjoy Soup Wholesome Vegetable Soup

4 Exchanges

- 100g Avonmore Farmers Choice Mixed Vegetable Soup
- 100g Cully and Scully Creamy Tomato and Basil Soup
- 100g Deluxe Cream of Mushroom Soup (Lidl)
- 100g Erin Cream of Mushroom Condensed Soup

VEGETABLES

Free

- 100g Batchelors Chilli Beans in Chilli Con Carne Style Sauce
- 100g Heinz Beanz
- 100g Heinz Beanz Organic
- 100g Heinz Beanz Reduced Sugar
- 100g Heinz Curry Beanz
- 100g Weightwatchers Baked Beans

½ Exchange

- 100g Batchelors Baked Beans
- 100g Batchelors Baked Beans No Added Sugar
- 100g Batchelors Butter Beans
- 100g Batchelors Irish Peas
- 100g Batchelors Irish Peas No Added Sugar
- 100g Batchelors Marrowfat Peas
- 100g Batchelors Mushy Peas
- 100g Batchelors Red Kidney Beans
- 100g Campo Largo Baked Beans (Lidl)
- 100g Campo Largo Butter Beans (Lidl)
- 100g Campo Largo Red Kidney Beans (Lidl)
- 100g Cannellini beans
- 100g Dunnes Baked Beans
- 100g Dunnes Marrowfat Peas
- 100g Dunnes Mushy Peas
- 100g Dunnes No Added Sugar Baked Beans
- 100g Dunnes No Added Sugar Processed Peas
- 100g Dunnes Processed Peas
- 100g Freshona Marrowfat Peas (Lidl)
- 100g Freshona Mushy Peas (Lidl)
- 200g Heinz Beanz Snap pot
- 200g Heinz Five Beanz Snap pots
- 100g Lentils - boiled
- 100g Oaktree Baked Beans

½ Exchange

100g Super Valu Baked Beans
100g Super Valu No Added Sugar Baked Beans
100g Super Valu No Added Sugar Processed Peas
100g Super Valu Processed Peas
100g Tesco Baked Beans
100g Tesco Butter Beans
100g Tesco Everyday Value British Mushy Peas
100g Tesco Everyday Value Red Kidney Beans
100g Tesco Healthy Living Baked Beans
100g Tesco Red Kidney Beans
100g Tesco Value Baked Beans

1 Exchange

100g Batchelors Curried Beans
100g Freshona Baked Beans (Lidl)
100g Freshona Processed Peas (Lidl)
100g Heinz Dhal Curry Lentils
100g Heinz Fajita Beans
100g Heinz Veg Chilli Beans

1 ½ Exchange

100g Batchelors Chickpeas
100g Dunnes Sweetcorn
100g Heinz Tuscan Beans
100g Tesco Everyday Value British Garden Peas

2 Exchanges

100g Campo Largo Chickpeas (Lidl)
100g Freshona Chickpeas (Lidl)

3 Exchanges

100g Tesco Organic Chickpeas

VEGETABLE PRODUCTS

1 ½ Exchanges

1 Birds Eye Vegetable Nugget
1 Dunnes Stores Vegetable Spring Roll
1 Tesco Breaded Onion Ring

2 Exchanges

- 1 Kanpur Gardens Mini Indian Snacks Bhaji
- 100g Quorn Mince

2 ½ Exchanges

- 1 Birds Eye Vegetable Finger

3 ½ Exchanges

- 1 Kanpur Gardens Mini Indian Snacks Samosa

3 ½ Exchanges

- 1 Linda McCartney Vegetarian Sausage

YOGHURTS & YOGHURT DRINKS

Free

- 1 bottle Actimel 0 % Fat Strawberry (100g)
- 1 pot Activia 0 % Forest Fruit (125g)
- 1 pot Activia 0 % Peach (125g)
- 1 pot Activia 0 % Raspberry (125g)
- 1 pot Activia 0 % Strawberry (125g)
- 1 pot Activia 0 % Vanilla (125g)
- 1 pot Danone Vitalinea Fruit 0 % Strawberry (125g)
- 1 pot Linessa Fat free Yoghurts (125g)
- 1 pot Muller Light Greek Style: Honeyed Peach (120g)
- 1 pot Muller Light Greek Style: Luscious Lemon (120g)
- 1 pot Muller Light Greek Style: Sublime Strawberry (120g)
- 1 pot Muller Light Raspberry and Cranberry (175g)
- 1 pot Muller Light Smooth Vanilla Yogurt (200g)
- 1 pot Muller Light Strawberry Fat Free Yoghurt (200g)
- 1 pot Weightwatchers Citrus Fruit Yogurt Pink Grapefruit (120g)
- 1 pot Weightwatchers Citrus Fruit Yogurt Lemon (120g)
- 1 pot Weightwatchers Citrus Fruit Yogurt Lemon & Lime (120g)
- 1 pot Weightwatchers Citrus Fruit Yogurt Orange & Nectarine (120g)
- 1 pot Weightwatchers Summer Fruits- Cherry (120g)
- 1 pot Weightwatchers Summer Fruits Layered Fromage Frais- Raspberry (120g)
- 1 pot Weightwatchers Summer Fruits Layered Fromage Frais- Apricot (120g)
- 1 pot Weightwatchers Summer Fruits Layered Fromage Frais- Peach (120g)
- 1 pot Weightwatchers Summer Fruits Layered Fromage Frais- Raspberry (120g)
- 1 pot Weightwatchers Summer Fruits – Peach (120g)
- 1 pot Weightwatchers Summer Fruits – Raspberry (120g)
- 1 bottle Yakult (65ml)
- 1 bottle Yakult Light (65ml)



½ Exchange

- 1 bottle Actimel 0 % Fat Original (100g)
- 1 pot M&S Count on Us Mango and Passion Fruit (150g)
- 1 pot M&S Count on Us Raspberry (150g)
- 1 pot M&S Count on Us Rhubarb (150g)
- 1 pot Tesco Fromage Frais Strawberry (55g)

1 Exchange

- 1 bottle Danocol Cholesterol 0 % (100g)
- 1 bottle Munch Bunch Squashums Yoghurt Drink (90g)
- 1 pot Peppa Pig Fromage Frais (45g)
- 1 pot Petit Filous (50g)
- 1 Petit Filous Frube (40g)

1 ½ Exchanges

- 1 bottle Actimel Forest Fruit (100ml)
- 1 bottle Actimel Orange (100g)
- 1 bottle Actimel Original (100g)
- 1 bottle Actimel Raspberry (100g)
- 1 bottle Actimel Strawberry (100g)
- 1 bottle Actimel Strawberry and Banana (100ml)
- 1 bottle Benecol Light Yogurt Drink (67.5g)
- 1 bottle Benecol Strawberry Yogurt Drink (67.5g)
- 1 pot Milbona Fruit King (60g)
- 1 pot Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana (42g)
- 1 pot Munch Bunch Jelly Delight (85g)
- 1 Munch Bunch Squashum Raspberry/Strawberry (60g)
- 1 bottle Tesco Cholesterol Reducing Strawberry Flavoured Yogurt Drink (100g)

2 Exchanges

- 1 pot Alpro Soya Blackberry (125g)
- 1 pot Alpro Soya Peach (125g)
- 1 pot Benecol Yogurt Summer Fruits Apricot (120g)
- 1 pot Benecol Yogurts Summer Fruits Cherry (120g)
- 1 pot Benecol Yogurts Summer Fruits Raspberry (120g)
- 1 pot Benecol Yogurts Summer Fruits Strawberry (120g)
- 1 pot Glenisk Low Fat Organic Yoghurt Strawberry (125g)
- 1 pot Glenisk Organic Baby Fromage Frais Apple & Pear (60g)
- 1 pot Glenisk Organic Baby Fromage Frais Peach & Banana (60g)
- 1 pot Glenisk Organic Baby Fromage Frais Strawberry & Apple (60g)
- 1 pot Glenisk Organic Low Fat Vanilla Yogurt (100g)
- 1 pot Munch Bunch Double Up Fromage Frais Strawberry & Banana (85g)
- 1 Petit Filous Big Pot (90g)
- 1 Petit Filous Frube Shot Pouch (70g)



2 ½ Exchanges

- 1 pot Glenilen Farm Yummy Yogurts Strawberry (85g)
- 1 pot Glenisk Organic Low Fat Blueberry Yogurt (125g)
- 1 pot Glenisk Organic Low Fat Raspberry Yogurt (125g)
- 1 Milbona Fruit King Pouch (80g)
- 1 pot Munch Bunch Double Up Fromage Frais Strawberry & Banana (85g)
- 1 bottle Yop Forest Fruit (180g)
- 1 bottle Yop Strawberry (180g)

3 Exchanges

- 1 pot Cal In+: Apricot (125g)
- 1 pot Cal In+: Peach (125g)
- 1 pot Cal In+: Strawberry (125g)
- 1 pot Glenisk Low Fat Organic Yoghurt Natural (125g)
- 1 pot Glenisk Organic Goats Milk Yogurt, Vanilla & Peach (90g)
- 1 pot Glenisk Organic Strawberry Kids Yoghurt (90g)
- 1 pot Glenisk Organic Vanilla Kids Yoghurt (90g)

3 ½ Exchanges

- 1 pot Activia Intensely Creamy Peaches & Cream (120g)
- 1 pot Activia Natural Yogurt & Prune Layer (125g)
- 1 pot Cal In+: Vanilla (125g)
- 1 pot Yoplait Chocolate Yoghurt (125g)
- 1 pot Yoplait Forest Fruit Yoghurt (125g)
- 1 pot Yoplait Melon & Orange Yoghurt (125g)
- 1 pot Yoplait Peach & Raspberry (125g)
- 1 pot Yoplait Peach and Strawberry (125g)
- 1 pot Yoplait Pear Yoghurt (125g)
- 1 pot Yoplait Raspberry Yoghurt (125g)
- 1 pot Yoplait Strawberry Yoghurt (125g)

4 Exchanges

- 1 pot Activia Cereals (120g)
- 1 pot Activia Kiwi Fibre (120g)
- 1 pot Activia Strawberry (125g)

4 ½ Exchanges

- 1 pot Activia Natural (125g)
- 1 pot Activia Natural Yoghurt & Raspberry Layer (125g)
- 1 pot Activia Pineapple & Coconut (125g)
- 1 pot M&S Simply Kids Organic Yogurt Apricot (100g)
- 1 pot M&S Simply Kids Organic Yogurt Banana (100g)
- 1 pot M&S Simply Kids Organic Yogurt Raspberry (100g)
- 1 pot M&S Simply Kids Organic Yogurt Strawberry (100g)
- 1 pot Yoplait Natural Yoghurt (125g)

TREATS SECTION



**THE FOLLOWING ARE TREATS AND SHOULD ONLY
BE TAKEN ONCE OR TWICE A WEEK AT MOST**

BISCUITS

Free

- 1 Maryland Chocolate Chip and Hazelnut cookie
- 1 Rose Wafers Lite wafer

½ Exchange

- 1 Foxs Party Rings biscuit
- 1 Jacobs Marietta biscuit
- 1 McVities Café Noir biscuit

1 Exchange

- 1 Chocolate Party Rings biscuit
- 1 Crunchie Biscuit
- 1 Jacobs Coconut Creams biscuit
- 1 Jacobs Ginger Nuts biscuit
- 1 Jacobs Jaffa Cake
- 1 McVities Jaffa Cake

1 ½ Exchanges

- 1 Bolands Rich Tea biscuit
- 1 Dunnes Ginger Nut biscuit
- 1 Dunnes Rich Tea biscuit
- 1 Jacobs Figroll
- 1 Jacobs Kimberly's biscuit
- 1 Jacobs Mikado biscuit
- 1 Jacobs Rich Tea biscuit
- 1 McVities Fig Roll
- 1 McVities Classic Rich Tea biscuit
- 1 McVities Fruit Shortcake biscuit
- 1 McVities Ginger Nut biscuit

2 Exchanges

- 1 Bolands Teatime Wafer
- 1 Foxs Crinkles Butter biscuit
- 1 Oreo biscuit

2 ½ Exchanges

- 1 Deli Crunch Milk Chocolate
- 1 Dunnes Custard Creams
- 1 Foxs Nice Creams
- 1 Foxs Rich Tea Creams
- 1 Jamie Dodger
- 1 Maryland Chocolate Chip Cookie



CAKES

Free

1 M&S Meringue Nest



1 Exchange

1 M&S Milk Chocolate Mini Teacake (2 teacakes = 2 ½ exchanges)

1 ½ Exchanges

1 M&S Cook with M&S: 18 All Butter Sweet Pastry Tartlets (2 tartlets = 2 ½ exchanges)

2 Exchanges

1 M&S Caramel Crispy Bite (2 crispy bites = 4 exchanges)

1 M&S Chocolate Cornflake Mini Bite (2 mini bites = 4 exchanges)

1 M&S Fondant Fancies (2 mini bites = 4 exchanges)

1 M&S Honeycomb Mini Bite (2 mini bites = 4 exchanges)

1 M&S Rocky Road Mini Bites (2 mini bites = 4 exchanges)

2 ½ Exchanges

1 Jaffa Cakes Mini Rolls

1 M&S Chocolate Brownie Mini bites

1 M&S Iced Raspberry Soft buns

1 M&S Luxury Hotcross buns

1 M&S Oat berry cluster mini bites

1 Mr Kipling French Fancies

CRISPS

2 Exchanges

1 bag Tayto Velvet Crunch Farmhouse Cheddar Cheese and Spring Onion (20g)

1 bag Walkers Baked Cheese and Onion (25g)

1 bag Walkers Baked Salt and Vinegar (25g)

4 Exchanges

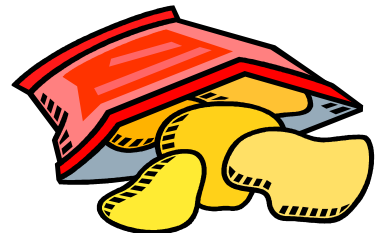
1 bag Tayto Chickatees (17g)

4 ½ Exchanges

1 bag Perri Burger Bites (20g)

1 bag Pombear Cheese and Onion (19g)

1 bag Tayto Snax (17g)



ICE-CREAMS

Free

- 1 Del Monte Smoothie Raspberry Lolly (90ml)
- 1 Gelatelli Pianola Strawberry Lolly (Lidl)
- 1 M&S Valencia Orange Juice Lollies (73ml)
- 1 Ribena Blackcurrant Fruit Juice Lollies (35ml)
- 1 Rowntrees Fruit Pastille Lolly (65ml)
- 1 Tesco Everyday Value Fruit Flavoured Lolly: Lemon/ Strawberry (35ml)
- 1 Tesco Everyday Value Orange Lolly (50ml)
- 1 Tesco Goodness Assorted Fruit Lollies: Apple & Blackcurrant / Strawberry & Blackcurrant -35ml
- 1 Tesco Goodness Rocket Lolly (58ml)
- 1 Tesco Rocket Lolly (Pineapple/Orange/Strawberry)

½ Exchange

- 1 Tesco Sherbet Ice Lolly (35ml)
- 1 Twister (80ml)

1 Exchange

- 1 Solero Exotic (88ml)

2 Exchanges

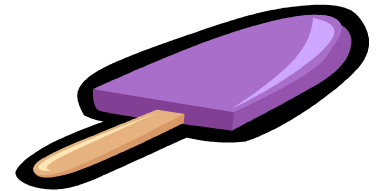
- 1 Dunnes Assorted Splits Lolly
- 1 Dunnes Screwball Ice-Cream
- 1 Dunnes Stores Milk Lolly
- 1 M&S Strawberry Split Lolly (73ml)

2 ½ Exchanges

- 1 Gianni's Milk Lolly Strawberry (Aldi)
- 1 Gianni's Milk Lolly Vanilla (Aldi)

3 Exchanges

- 100ml Dunnes Stores Soft Scoop Vanilla Ice-Cream
- 1 Funny Feet Lolly (79ml)
- 1 Gianni's Milk Lolly Chocolate (Aldi)
- 1 Loop the Loop (65ml)
- 1 M&S Pineapple, Coconut & Lime Lolly (73ml)
- 1 Peppa Pig Ice Cream Lolly (63ml)
- 1 Tesco Real Fruit Splits Blackcurrant / Strawberry (100ml)



JELLY

Free

Jelly is nearly always fat free-always double check labels



SWEETS & CONFECTIONARY

Free

- 100g Bassetts Jelly Babies
- 100g Foxs Glacier Mints
- 100g M&S Colin Caterpillar Fruit Flavoured Gums
- 100g M&S Mint Crumbles
- 100g M&S Percy Pigs
- 1 pack Maynards Winegums (50g)
- 100g Maynards Winegums
- 100g Natural Confectionary Sour Squirms / Mini Bearables / Dinosaurs
- 1 pack Rowntree Fruit Pastilles (52.5g)
- 100g Rowntree Fruit Pastilles
- 100g Rowntree Jelly tots
- 7 Rowntree Randoms sweets
- 1 pack Silvermints (30g)
- 100g Sugarland Apple Loops (Lidl)
- 100g Sugarland Cola Bottles (Lidl)
- 100g Sugarland Marshmallows (Lidl)
- 100g Sugarland Sour Worms (Lidl)
- 100g Sugarland Sweet Berries (Lidl)
- 100g Swizzels Clicker Pops
- 100g Swizzels Climpies
- 100g Swizzels Crystal Barley Sugar
- 100g Swizzels Crystal Fruits
- 100g Swizzels Crystal Liquorice
- 100g Swizzels Crystal Mints
- 100g Swizzels Double Lollies Squashies
- 100g Swizzels Drumstick Squashies
- 100g Swizzels Flick & Lic
- 100g Swizzels Fruity Pops
- 100g Swizzels Ice Cream Pops
- 100g Swizzels Jellies (foam only)
- 100g Swizzels Jellies (jelly & foam)
- 100g Swizzels Jellies (jelly only)
- 100g Swizzels Love Heart Squashies
- 100g Swizzels Necklace
- 100g Swizzels New Refreshers Squashies
- 100g Swizzels Rainbow Dust Straws
- 100g Swizzels Rip and Tip
- 100g Swizzels Scooby Doo Grusome Gums



Free

- 100g Swizzels Super Baby Bottle
- 100g Swizzels Watch
- 100g Swizzels Wine Gummies Rolls
- 100g Swizzels Wine Gummies Sugar Coated Rolls

½ Exchange

- 100g Haribo Fantasy Mix
- 100g Haribo Fizzy Cola
- 100g Haribo Goldbears
- 100g Haribo Starmix
- 100g Haribo Tangfastics
- 100g M&S Rhubarb & Custard
- 100g M&S Sherbet Lemons
- 100g Oatfield Glucose Barley
- 100g Refreshers Softies
- 100g Sugarland Foam Fruits
- 100g Sugarland Juicy Fruits
- 100g Sugarland Sour Fruits
- 100g Swizzels Double Dip
- 100g Swizzels Double Lollies Dip
- 100g Swizzels Frankie Fizz
- 100g Swizzels Love Heart Triple Dip
- 100g Swizzels Rainbow Drops
- 100g Swizzels Spooky Dip
- 100g Swizzels Triple Dip
- 100g Tesco Marshmallows
- 100g Tesco Midget Gems

1 Exchange

- 100g M&S Foam Bananas
- 100g M&S Midget Gems
- 100g Swizzels Double Lollies Dextrose
- 100g Swizzels Fizzers Dextrose
- 100g Wham Softies

1 ½ Exchange

- 1 pack Rowntrees Tooty Frooties (42g)

2 Exchanges

- 1 pack Skittles Crazy Sours (55g)

2 ½ Exchanges

- 1 pack Skittles Fruit (61.5g)