

Low Protein Manufactured Food List 2017

(Free from protein unless stated otherwise)

Drinks			
Nutricia	Loprofin PKU Milk (count as exchanges)	24 x 200ml cartons	(GMS: 81175)
	Calogen	200ml bottles	(GMS: 81079)
	Calogen	500ml bottles	(GMS: 81028)
	Duocal Powder	400g tins	(GMS: 84913)
	Sno-pro milk (may need to count as exchanges)	27 x 200ml cartons	(GMS: 83771)
Taranis	Dalia Powdered Milk	400g tin	(GMS:85073)
	Dalia Liquid Milk	200ml x 24 cartons	Available to purchase*
Vitaflo	Prozero	18 x 250ml cartons	(GMS: 81195)
	Prozero	6 x 1 litre cartons	(GMS: 81283)
Bread			
First Play Dietary Foods	Promin Fresh Bread	800g loaf	(GMS: code to come)
Juvela	Juvela Low Protein Sliced Loaf	400g packet	(GMS: 81256)
	Juvela Low Protein Bread Rolls	350g packet	(GMS: 81826)
Nutricia	Loprofin White Loaf	400g packets	(GMS:81375)
	Loprofin Bread Rolls	4 x 65g rolls	(GMS:81292)
PK foods	PK Foods Low Protein White Sliced Bread**	300g	Available on LTI Card**
Cheese Substitute			
Taranis	Taranis Cheese Substitute	6 x 20g slices	Available to purchase *
Crackers			
Nutricia	Loprofin Crackers Plain	150 g box	(GMS: 81205)
	Loprofin Crackers Herb	150 g box	(GMS: 81205)
PK foods	PK Foods Crispbread**	75 g packet	Available on LTI Card**
Taranis	French Toast (Biscottes)	250g box	(GMS: 85089)
Vitaflo	Vitaflo Choices Mini Crackers**	15 x 40g	Available on LTI Card**
Croutons			
Firstplay Dietary Foods	Promin Low Protein Croutons	4 x 40g tubs	Available to purchase *
Cereal			
Firstplay Dietary Foods	Promin Low Protein Hot Breakfast Cereal		
	-Apple & Cinnamon Flavour	6 sachets = 1 pack	(GMS: 81018)
	-Banana Flavour	6 sachets = 1 pack	(GMS: 81018)
	-Chocolate Flavour	6 sachets = 1 pack	(GMS: 81018)
	-Original Flavour	6 sachets = 1 pack	(GMS: 81018)
	Promin Low Protein Breakfast Bars		
	-Apple & Cinnamon	6 bars x 40g=1 box	Available to purchase *
	-Banana	6 bars x 40g=1 box	Available to purchase *
	-Chocolate & Cranberry	6 bars x 40g=1 box	Available to purchase *
	-Cranberry	6 bars x 40g=1 box	Available to purchase *
Nutricia	Loprofin Low Protein Flakes		
	-Chocolate Flavour	375g box	(GMS: 81098)
	-Strawberry Flavour	375g box	(GMS: 81098)
	Loprofin Low Protein Loops	375g box	(GMS: 81098)

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

Egg Replacer			
Nutricia	Loprofin Low Protein Egg White Replacer	100g tub	(GMS: 81684)
	Loprofin Low Protein Egg Replacer	500g packet (2 x 250 g sachets)	(GMS: 81672)
PK Foods	PK Foods Low Protein Egg Replacer	200g Packet	(GMS:81102)
Taranis	Taranis Egg Substitute	250g tin	Available to purchase *
Flour Mixes			
Fate Foods	Fate All Purpose Mix	2 x 250g = 1 packet	(GMS: 81299)
Juvela	Juvela Low Protein Mix	500g packet	(GMS: 81390)
Nutricia	Loprofin Mix	500g packet	(GMS: 81819)
Taranis	Pancake & Waffle Mix	300g packet	(GMS: 85096)
PK Foods	PK Foods Flour Mix	750 g pack	(GMS: 81096)
Meat and Fish Substitutes			
Firstplay Dietary Foods	Low Protein Burger Mix (count as exchanges)		
	-Original	4 x 62 g sachets	(GMS: 81072)
	-Lamb & Mint	4 x 62 g sachets	(GMS: 81072)
	Low Protein Sausage Mix (may need to count as exchanges)		
	-Original	2 x 62 g sachets	(GMS: 81385)
	-Apple & Sage	2 x 62 g sachets	(GMS: 81385)
	-Tomato & Basil	2 x 62 g sachets	(GMS: 81385)
Taranis	Taranis Fish Substitute (count as exchanges)	4 x 62 g sachets	Available to purchase *
Pasta			
Firstplay Dietary Foods	Promin Low Protein Alphabet Shapes (Regular / Tri-Colour)	500g packet	(Regular GMS:81120 Tri-Colour GMS:81322)
	Promin Low Protein Couscous	500g packet	(GMS: 81201)
	Promin Low Protein Elbows (Regular / Tri-Colour)	500g packet	(Regular GMS:81120 Tri-Colour GMS:81322)
	Promin Low Protein Flat Noodles	500g packet	(GMS: 81381)
	Promin Low Protein Lasagne Sheets	200g packet	(GMS: 81062)
	Promin Low Protein Macaroni	500g packet	(GMS: 81063)
	Promin Low Protein Pasta Meal	500g packet	(GMS: 82724)
	Promin Low Protein Shells (Regular / Tri-Colour)	500g packet	(Regular GMS:81120 Tri-Colour GMS:81322)
	Promin Low Protein Spaghetti	500g packet	(GMS: 83020)
	Promin Low Protein Spirals (Regular / Tri-Colour)	500g packet	((Regular GMS:81120 Tri-Colour GMS:81322)
	Promin Plus Low Protein Flat Noodles	500g packet	Available to purchase *
	Promin Plus Low Protein Macaroni	500g packet	Available to purchase *
	Promin Plus Low Protein Spaghetti	500g packet	Available to purchase *
	Promin Plus Low Protein Spirals	500g packet	Available to purchase *
Nutricia	Loprofin Animal Pasta	500g packet	(GMS: 83018)
	Loprofin Fusilli	500g packet	(GMS: 83019)
	Loprofin Lasagne	250g packet	(GMS: 81113)
Nutricia	Loprofin Macaroni	250g packet	(GMS: 81063)
	Loprofin Penne	500g packet	(GMS: 83007)
	Loprofin Spaghetti	500g packet	(GMS: 83020)
	Loprofin Tagliatelle	250g packet	(GMS: 81069)
PK Foods	PK Foods Pasta Spirals	250g packet	(GMS: 81088)

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

Pasta in Sauce Meals			
Firstplay Dietary Foods	Promin Pasta in Sauce		
	– Cheese & Broccoli (may need to count as exchanges)	4 x 66g = 1 packet	(GMS: 81243)
	– Moroccan (count as exchanges)	4 x 72g = 1 packet	(GMS: 81274)
	– Tomato & Herb (count as exchanges)	4 x 72g = 1 packet	(GMS: 83036)
Pizza			
Firstplay Dietary Foods	Low Protein Pizza Base Mix	300g	Available to purchase *
Juvela	Juvela Low Protein Pizza Bases**	2 x 180 g = 1 packet	Available on LTI Card**
Pot Meals			
Firstplay Dietary Foods	Xpots (may need to be counted as exchanges)		
	– All Day Scramble	4 x 60g tubs	Available to purchase *
	– Beef and Tomato	4 x 60g tubs	Available to purchase *
	– Rogan Style Curry	4 x 60g tubs	Available to purchase *
	– Chip Shop Curry	4 x 60g tubs	Available to purchase *
	Macpots (may need to be counted as exchanges)		
	– Macaroni Cheese	4 x 61g tubs	Available to purchase *
	– Tomato Macaroni	4 x 61g tubs	Available to purchase *
	Potato Pots (count as exchanges)		
	– Cabbage, Bacon and Croutons	4 x 50g tubs	Available to purchase *
	– Onion and Croutons	4 x 50g tubs	Available to purchase *
	– Sausage and Croutons	4 x 50g tubs	Available to purchase *
Rice			
Firstplay Dietary Foods	Promin Imitation Rice	500g packet	(GMS: 83330)
Nutricia	Loprofin Rice	500g box	(GMS: 81016)
Sauce			
Firstplay Dietary Foods	Promin Low Protein Cheese Sauce Mix (count as exchanges)	225g	Available to purchase *
Taranis	Taranis Cheese Flavour Sauce Mix	200g tin	Available to purchase *
Soups			
Firstplay Dietary Foods	Promin Low Protein Creamy Tomato Soup and Croutons (count as exchanges)	4 x 23g=1 packet	Available to purchase *
	Promin Low Protein Creamy Chicken Soup and Croutons (count as exchanges)	4 x 28g=1 packet	Available to purchase *
	Promin Low Protein Minestrone Soup and Croutons (count as exchanges)	4 x 28g=1 packet	Available to purchase *
	Promin Low Protein Pea and Mint Soup and Croutons (count as exchanges)	4 x 23g=1 packet	Available to purchase *
Miscellaneous			
Firstplay Dietary Foods	Low Protein Potato Cake Mix (count as exchanges)	300g packet	Available to purchase *

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

Sweet Things and Treats

Biscuits			
Juvela	Juvela Low Protein Cookies Orange	125g packet	(GMS: 81083)
	Juvela Low Protein Cookies Cinnamon	125g packet	(GMS: 81083)
	Juvela Low Protein Cookies Chocolate Chip	125g packet	(GMS: 81083)
PK Foods	PK Foods Aminex Low Protein Biscuits**	200g packet	Available on LTI Card**
	PK Foods Aminex Low Protein Rusks**	200g packet	Available on LTI Card**
Taranis	Low Protein Shortbread	120g packet	(GMS:85084)
	Low Protein Shortbread Raspberry	120g packet	(GMS:85084)
	Low Protein Caramel Shard Biscuits	130g packet	(GMS:85085)
Cake			
Fate	Fate Low Protein Chocolate Mix	2 x 250g = 1 packet	(GMS: 81299)
	Fate Low Protein Cake Mix	2 x 250g = 1 packet	(GMS: 81299)
Nutricia	Loprofin Chocolate Cake Mix	500g packet	(GMS: 81819)
Taranis	Taranis Low Protein Lemon Cakes	6x40g=1 box	(GMS:85087)
	Taranis Low Protein Pear Cakes	6x40g=1 box	Available to purchase *
	Taranis Low Protein Apricot Cakes	6x40g=1 box	Available to purchase *
	Taranis Low Protein Cake Mix	300g box	(GMS: 85088)
Chocolate			
Taranis	Taranis Choquito Candies (may need to count exchanges)	26g or 1kg bag	Available to purchase *
Vitaflo	Vitabite Bars	7 x 25 g bars	(GMS: 81735)
Crisps			
Firstplay Dietary Foods	Promin Low Protein Snax		
	-Cheese and Onion	12 x 25g bags	Available to purchase *
	-Jalapeno	12 x 25g bags	Available to purchase *
	-Ready Salted	12 x 25g bags	Available to purchase *
	-Salt and Vinegar	12 x 25g bags	Available to purchase *
Taranis	Taranis Snackville Cheese Puffs	40g bag	Available to purchase *
Dessert			
Firstplay Dietary Foods	Promin Low Protein Caramel Dessert	6 x 36.5g sachets	(GMS: 83037)
	Promin Low Protein Chocolate and Banana Dessert	6 x 36.5g sachets	(GMS: 83037)
	Promin Low Protein Custard Dessert	6 x 36.5g sachets	(GMS: 83037)
	Promin Low Protein Strawberry and Vanilla Dessert	6 x 36.5g sachets	(GMS: 83037)
	Promin Low Protein Rice Pudding		
	-Apple	4 x 69g sachets	(GMS: 81074)
	-Banana	4 x 69g sachets	(GMS: 81074)
	-Original	4 x 69g sachets	(GMS: 81074)
	-Strawberry (may need to count exchanges)	4 x 69g sachets	(GMS: 81074)
PK Foods	PK Foods Low Protein Cherry Jelly Mix	320 g	Available on LTI Card**
	PK Foods Low Protein Orange Jelly Mix	320 g	Available on LTI Card**
Taranis	Taranis Dessert Drinks Strawberry Flavour	400g tin	Available to purchase*
	Taranis Dessert Drinks Vanilla Flavour	400g tin	Available to purchase*
	Taranis Cocoa and Vanilla Dessert (may need to count exchanges)	5 x 19g sachets	Available to purchase*

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.








**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

Spreads			
Taranis	Taranis Low Protein Hazelnut Flavour Spread	230 g tub	(GMS: 83038)

There are regularly new additions to the above low protein range.

These products are only available on prescription which can be obtained from the staff in the Metabolic Unit.

If your chemist has problems getting any product, please contact the relevant company or distributor using the following details.

Manufacturer	Contact	Distributor	Phone Numbers
PK Foods 	Ellis ellis@glutenfree-foods.co.uk	Cahill May Roberts	01-6305555
Fate 	Eileen Green Phone: (UK) 00441215224434	All Phar	01-4041600
Juvella 	Orla (REP) 0866058169 Phone: 1800 405090 lowprotein@juvella.co.uk	United Drug	01-4632300 or 01-4598877
Nutricia 	Karen Greer (REP) 0871438613 Phone: 1800 923535 metabolic@nutricia.com	United Drug	01-4632300 or 01-4598877
Promin/ Firstplay DietaryFoods 	Phone: (UK) 0044161 4804602 katya.sheridan@firstplaydf.com www.prominpku.com	Biofact www.biofact.ie	01-6012544
Taranis / Lactalis Nutrition 	Laurence Desert Phone: (France) 0299 49 20 89 Laurence.desert@lactalis.fr	Biofact www.biofact.ie	01-6012544
Vitaflo 	Claire Quinn (REP) 0838016652 Russell Martin (REP) 0866080806 metabolics@vitaflo.ie	All Phar	01-4041600

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

Manufactured Low Protein Foods that Contain Exchanges

PKU

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 sachet	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 400 ml	free
	500 ml	½ exchange
	1000 ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	½ exchange
Taranis Choquito Chocolate Candy	1 candy	Free
	2 candies	½ exchange

HCU

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	½ exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 200 ml	free
	250 ml	½ exchange
	500 ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	½ exchange
Taranis Choquito Chocolate Candy	1 candy	Free
	2 candies	Free
	3 candies	½ exchange

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

MSUD

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton (200 ml)	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	½ exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 200 ml	free
	300 ml	½ exchange
	600 ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	½ exchange
Taranis Choquito Chocolate Candy	1 candy	Free
	2 candies	Free
	3 candies	½ exchange

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian

All Other Protein Disorders

Item	Quantity	No. of Exchanges
Juvela Pizza Base	¼ base	½ exchange
	½ base	1 exchange
	¾ base	1 exchange
	Whole base	1 ½ exchange
Loprofin PKU Drink Milk	1 carton (200 ml)	1 exchange
Loprofin Cake Mix-Chocolate made according to instructions	50 g slice	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 exchange
Promin Low Protein Cheese Sauce Mix	30 g serving	1 exchange
Promin Low Protein Instant Soup-Creamy Chicken Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Creamy Tomato Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Minestrone Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Pea & Mint Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Mac Pot-Macaroni Cheese	1 pot	½ exchange
Promin Low Protein Mac Pot-Tomato Macaroni	1 pot	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in Cheese & Broccoli Flavour Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	1 exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Rice Pudding-Strawberry	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Promin Low Protein Xpot-All Day Scramble	1 pot	½ exchange
Promin Low Protein Xpot-Beef & Tomato flavour	1 pot	½ exchange
Promin Low Protein Xpot-Chip Shop Curry	1 pot	½ exchange
Promin Low Protein Xpot-Rogan Style Curry	1 pot	1 exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 200 ml	free
	250 ml	½ exchange
	500 ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	1 exchange
Taranis Choquito Chocolate Candy	1 candy	Free
	2 candies	½ exchange
Taranis Vanilla-Cocoa Dessert Pudding	1 sachet	½ exchange
Taranis Dessert Drink Strawberry Flavour	20 g portion	½ exchange
Taranis Dessert Drink Vanilla Flavour	20 g portion	½ exchange

*No GMS Code. Can be purchased directly from chemist, distributor or First Play Dietary Foods.

**No GMS Code. Available on the long term illness card. For patients without this card a separate form needs completing. Please contact your dietitian