



# Metabolic.ie

National Centre for Inherited Metabolic Disorders

# 1 gram Protein Exchange List 2017

**Each of the Following in the Amount Stated  
= 1 Exchange**

**Note: Information correct at time of printing.**

**Always remember to read the label in case products have changed.**

## BREAKFAST CEREALS

Breakfast Cereal	Grams	Measurements
Harvest Morn Chocolate Pillows	18g	1 level blue scoop
Kelloggs All Bran	7g	
Kelloggs All Bran Branflakes	9g	2 level tablespoons
Kelloggs Cocopops/ Tesco Chocosnaps	18g	2 ½ level blue scoops
Kelloggs Cornflakes	14g	2 level blue scoops
Kelloggs Crunchy Nut Flakes	17g	2 level blue scoops
Kelloggs Frosted Wheats	10g	5 pieces
Kelloggs Frosties	22g	2 ½ level blue scoops
Kelloggs Raisin Wheats	11g	5 pieces
Kelloggs Rice Krispies	17g	3 level blue scoops
Kelloggs Rice Krispies Multigrain Shapes	13g	2 level blue scoops
Kelloggs Special K	11g	1 level blue scoop
Kelloggs Special K Red Berries	11g	1 ½ level blue scoops
Nestle Coco Shreddies	11g	1 level blue scoop
Nestle Cookie Crisp	15g	2 level blue scoops

Breakfast Cereal	Grams	Measurements
Nestle Curiously Cinnamon	18g	2 level blue scoops
Nestle Frosted Shreddies	11g	1 level blue scoop
Nestle Go Free Cornflakes	13g	2 level blue scoops
Nestle Go Free Honey Flakes	18g	2 1/2 level blue scoops
Nestle Golden Nuggets	13g	1 ½ level blue scoops
Nestle Honey Cheerios	12g	2 level blue scoops
Nestle Nesquick	13g	1 ½ level blue scoops
Nestle Oat Cheerios	11g	2 level blue scoops
Nestle Shredded Wheat	9g	6 pieces
Nestle Shreddies	10g	1 level blue scoop
Oatibix	8g	⅓ biscuit
Oatibix Flakes	11g	1 level blue scoop
Porridge	10g	1 heaped tablespoon
Ready Brek	8g	2 level tablespoons
Weetabix	10g	½ biscuit
Weetabix Crispy Minis Chocolate Chip	10g	4 pieces

Breakfast Cereal	Grams	Measurements
Weetabix Banana	11g	½ biscuit
Weetabix Chocolate	11g	½ biscuit
Weetabix Crispy Minis Fruit & Nut	10g	4 pieces
Weetabix Golden Syrup	11g	½ biscuit
Weetabix Organic	10g	½ biscuit
Weetos	12g	1 ½ level blue scoops

## CEREAL BARS

Cereal Bar	Grams	Measurements
Alpen Light Jaffa Cake Cereal Bar	19g	1 bar
Alpen Light Chocolate & Fudge Bar	19g	1 bar
Alpen Light Summer Fruit Cereal Bar		1 bar
Belvita Breakfast Bars-Cranberry	12.5g	1 biscuit
Belvita Cocoa Chocolate Chip	12.5g	1 biscuit
Belvita Breakfast Bars-Golden Oats	12.5g	1 biscuit
Belvita Breakfast Bars-Forest Fruit	12.5g	1 biscuit
Belvita Breakfast Bars-Fruit & Fibre	12.5g	1 biscuit
Belvita Breakfast Bars-Honey & Nuts with Choc Chip	12.5g	1 biscuit
Belvita Breakfast Bars-Milk & Cereal	21.5g	1 biscuit
Go Ahead Apple Bake		1 bake
Go Ahead Strawberry Bake		1 bake
Go Ahead Crispy Slices Apple & Sultana	14.5g	1 slice
Go Ahead Crispy Slices Forest Fruit	14.5g	1 slice

Cereal Bar	Grams	Measurements
Go Ahead Crispy Slices Orange & Sultana	14.5g	1 slice
Go Ahead Crispy Slices Raspberry	14.5g	1 slice
Go Ahead Yogurt Breaks Forest Fruits	18 g	1 slice
Go Ahead Yogurt Breaks Strawberry	18g	1 slice
Go Ahead Yogurt Breaks Raspberry	18g	1 slice
Harvest Morn Fruit and Grain: Strawberry		1 bar
Kelloggs Rice Krispie Squares Marshmallows	28g	1 bar
Kelloggs Rice Krispies Milk & Cereal Bar	20g	1 bar
Kelloggs Coco Pops Cereal & Milk Bar	20g	1 bar
McVities Breakfast Porridge Oats Biscuits- Oats and Honey	12.7g	1 biscuit
Special K Biscuit Moments Strawberry	25g	2 biscuits
Special K Dark Chocolate Delight	24g	1 bar
Special K Milk Chocolate Delight	24g	1 bar
Tesco Sticky Toffee Cereal Bar	20g	1 bar
Tesco Choco Snaps Cereal Bar	20g	1 bar
Tesco Rice Snaps Cereal Bars	20g	1 bar

## CHEESE

Cheese	Grams	Measurements
Philadelphia Cream Cheese	18g	1 tablespoon
Philadelphia Garlic & Herbs	15g	1 tablespoon
Philadelphia Sweet Chilli	15g	1 tablespoon
Philadelphia Light Cream Cheese	14g	1 tablespoon
Philadelphia Lightest Cream Cheese	9g	1 pink scoop
Vbites Blue Style Cheezly	16g	16g
Vbites Cheddar Style Super Melting Cheezly Slices	20g	20g
Vbites Edam Cheezly	20g	20g
Vbites Hard Italian Style Cheezly	28g	28g
Vbites Mozzarella Style Cheezly Slices	20g	20g
Vbites Pepperjack Style Cheezly	20g	20g
Vbites Red Cheddar Style Cheezly	30g	30g
Vbites Soya Free Cheezly	20g	20g
Vbites White Cheddar Style Cheezly	30g	30g
Violife Prosciano	65g	65g

## CRACKERS AND RICE CAKES

Crackers and Rice Cakes	Measurements
Bunalun Chocolate Covered Rice Cake	1 rice cake
Bunalun Corn Cake	2 corn cakes
Bunalun Dark Chocolate and Orange/ Mint Rice Cakes	1 rice cake
Bunalun Organic Unsalted Rice Cakes	2 rice cakes
Bunalun Organic Salted Rice Cakes	2 rice cakes
Bunalun Strawberry and Yogurt Rice Cake	1 rice cake
Bunalun Yogurt and Orange Rice Cake	1 rice cake
Carrs Cream Crackers	1 cracker
Carrs Flatbread Mixed Seed Cracker	1 cracker
Carrs Flatbread Salt and Cracked Black	1 cracker
Carrs Melts Cheese	2 crackers
Carrs Melts Original	3 crackers
Carrs Table Water	3 crackers
Carrs Table Water Biscuit with Cracked	4 crackers



Crackers and Rice Cakes	Measurements
Cracottes Original	1 cracker
Jacobs Cream Crackers	1 cracker
Jacobs Mediterranean Tomato and Basil	1 ½ crackers
Jacobs Mediterranean Lightly Salted	1 ½ crackers
Jacobs Mediterranean Olive Oil and Oregano	1 ½ crackers
Jacobs Snapwheat Crackers	1 cracker
Jacobs Corn Cakes	2 rice cakes
Jacobs Milk Chocolate Rice Cakes	1 rice cake
Jacobs Yoghurt Rice Cakes	1 rice cake
Jacobs Sea Salt Rice Cakes	2 rice cakes
Juvela Gluten Free Crackers	10 crackers
Juvela Gluten Free Crispbread	2 crispbreads
Juvela Gluten Free Savoury Biscuits	2 biscuits
Kelkin Dark Chocolate Rice Cakes (plain/ orange/ mint)	1 rice cake
Kelkin Milk Chocolate Rice Cake	1 rice cake

Crackers and Rice Cakes	Measurements
Kelkin Milk Chocolate and Caramel Rice	1 thin
Kelkin Triple Berry Yoghurt Rice Cakes	1 rice cake
Kelkin Yogurt Rice Cakes	1 rice cake
Kelkin Plain Salt Free Rice Cakes	2 rice cakes
Kelkin Milk Chocolate Mini Rice Cakes	1 snack pack
Kelkin Yoghurt Mini Rice Cakes Snack Pack	1 snack pack
Kelkin Milk Chocolate Corn Cake	1 corn cake
Kelkin Dark Chocolate Corn Cake	1 corn cake
Kelkin Hazelnut and Chocolate Rice Cake	1 bar
Kelkin Rice Cakes Salt Free	2 rice cakes
Nairns Cracked Black Pepper Oatcakes	1 oatcake
Nairns Rough Oatcakes	1 oatcake
Ritz Original	4 crackers
Ryvita Crackerbread	2 crackers
Ryvita Crackers for Cheese	1 cracker

Crackers and Rice Cakes	Measurements
Ryvita Dark Rye	1 cracker
Ryvita Deli Cracked Black Pepper	1 cracker
Ryvita Deli Hint of Chilli	1 cracker
Ryvita Deli Mediterranean Herbs	1 cracker
Ryvita Deli Multigrain	1 cracker
Ryvita Deli Sesame Crispbread	1 cracker
Ryvita Original	1 cracker
Ryvita Thins Sweet Chilli	1 cracker
Tesco Cheese Twists	1 twist
Tesco High Baked Water Biscuits	2 biscuits
Tesco Scottish Oatcakes	1 oatcake
Tuc Original	4 crackers
Tuc Bacon Flavour	4 crackers
Tuc Sour Cream and Onion	4 crackers
Walkers Fine Oatcakes	1 oatcake

## DAIRY SUBSTITUTES

Dairy Substitute	Measurements
Alpro Coconut Original	1L
Alpro Hazelnut Original	300ml
Alpro Oat Original	400ml
Alpro Roasted Almond Unsweetened	300ml
Alpro Almond Dark Chocolate Flavour	120mls
Alpro Coconut Almond	400ml
Oatly Oat Drink	100ml
Alpro Rice Original**	1L
Rice Dream + Calcium**	1L
Rude Health Almond Drink	500ml
Rude Health Coconut Drink	1L
Rude Health Brown Rice Drink**	1L
Ruds Health Oat Drink	120mls
Tesco "Free From" Almond Milk	200ml
Xotic Deluxe Dessert-Hint of Lemon/Hint of Lime/Mango & Passionfruit	125g pot
Xotic Deluxe Dessert-Summer fruits (1 pot = ½ exchange)	125g pot x 2 pots

**\*\* Rice milk is not suitable in those < 5 years of age and pregnant and lactating women.**

## FRUIT & VEGETABLES

Fruit or Vegetable	Grams	Measurements
Avocado	50g	½ avocado
Baby Corn	85g	5 baby corn
Baked Beans	20g	1 level tablespoon
Broad Beans		10 broad beans
Butterbeans (drained)	17g	1 tablespoon or 7 butterbeans
Chickpeas (drained)	14g	1 tablespoon or 14 chickpeas
Corn On The Cob		4cm
Kidney Beans	17g	2 heaped teaspoons or 11 kidney beans
Mixed Beans (tinned)	17g	1 heaped tablespoon
Peas	22g	2 level tablespoons
Red Split Lentils (Dried)	4g	1 teaspoon
Sweetcorn	35g	1 level blue scoop
Cool Beans (Chilli/ Original)	24g	1 tablespoon

## PANCAKES

Pancake	Measurements
Tesco Mini Pancakes	1 mini pancake

## POTATO & POTATO PRODUCTS

Potato	Grams	Measurements
Boiled Potato	80g	Small/egg sized potato
Mashed Potato with fat spread/low protein milk	80g	1 1/2 level blue scoops
Roast Potato	80g	1 small/egg sized
Chips	80g	8 chips
Wedges	40g	4 wedges
Potato Products	Grams	Measurements
<b><i>Croquettes</i></b>		
Dunnes Croquettes		1 croquette
Green Isle Croquettes		1 1/2 croquettes
Tesco Croquettes		1 croquette

Potato Product	Grams	Measurements
<b><i>Hash Browns</i></b>		
Green Isle Hash Browns		2 hash browns
McCain's Hash Browns		1 hashbrown
Tesco Hash Browns		1 hashbrown
<b><i>Waffles</i></b>		
Birds Eye Mini Potato Waffles		2 mini waffles
Dunnes Potato Waffles		1 waffle
Tesco Potato Waffles		1 waffle
<b><i>Others</i></b>		
Aunt Bessie Rustic Mini Rosti		2 mini rosti's
Birds Eye Mash Tags		2 tags
McCain's Roast Potatoes		½ potato
McCain's Smiles		2 smiles

## PASTA, RICE & GRAINS

Pasta, Rice & Grains	Grams	Measurements
Ordinary Pasta UNCOOKED	8g	8 grams
Amoy Straight to Wok RIBBON Rice Noodles	150g	1 pack (150g) (Note: contains 2 packs)
Couscous UNCOOKED	11g	1 tablespoon
Boiled White Or Brown Rice COOKED	32g	1 level blue scoop
Tinned Spaghetti In Tomato Sauce	60g	1 blue scoop
Quinoa UNCOOKED	7g	1 pink scoop

## SPREADS & DIPS

Spreads & Dips	Grams	Measurements
Heinz Original Sandwich Spread	100g	5 servings (1 serving = 20g = 0.2g protein)
Nutella Hazelnut Chocolate Spread	17g	1 tablespoon
Maltesers Chocolate Spread	20g	1 tablespoon
Panda Chocolate Spread	31g	1 heaped tablespoon
Old El Paso Chunky Guacamole	45g	4 ½ tablespoons



## VEGETABLE PRODUCTS

Vegetable Products	Grams	Measurements
Birds Eye Vegetable Fingers	8 grams	1 finger
Birds Eye Vegetable Nuggets	20g	1 nugget
Tesco Meat Free Vegetable Fingers	1 finger	1 finger
Dunnes Stores Vegetable Spring Rolls	1 roll	1 roll
Kanpur Gardens Mini Indian Snacks Bhajis	1 bhaji	1 bhaji
Daloon Onion Bhaji Dippers	15g	1 bhaji dipper

## MISCELLANEOUS

Miscellaneous	Grams	Measurements
Askeys Waffle Cones		1 cone
Fruit Bowl Yogurt Raisins	60g	2 small bags
Old El Paso Crunchy Taco Shell	1 shell	1 shell
Jus Roll Medium Vol Au Vonts	17g	1 vol au vont
Tesco Yogurt Coated Strawberry Fruit Bites	25g	1 bag
Sweet Freedom Choc Shot Liquid Chocolate	33g	2 tablespoons
Yakult Original	65ml	1 bottle
Yakult Light	65ml	1 bottle





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