

# Slightly Higher Exchange List 2017

**These foods are only suitable for patients on more than 7 Exchanges**

## Cereal Bars

### 1 ½ Exchanges

- 1 Alpen Strawberry & Yogurt Cereal bar
- 1 Harvest Morn Chewee Cereal Bar: Milk Chocolate Chip (22g)
- 1 Harvest Morn Chewee Cereal Bar: White Chocolate Chip (22g)
- 1 Harvest Morn Fruit and Grain: Apples bar
- 1 Kelloggs Frosties Cereal and Milk bar (25g)
- 1 Kelloggs Nutrigrain Morning Bar Apple (37g)
- 1 Kelloggs Nutrigrain Morning Bar Blackberry & Apple (37g)
- 1 Kelloggs Nutrigrain Morning Bar Blueberry (37g)
- 1 Kelloggs Nutrigrain Morning Bar Strawberry (37g)
- 1 Kelloggs Rice Krispie Squares Chocolate and Caramel bar (36g)
- 1 Kelloggs Rice Krispie Squares Totally Chocolatey bar (36g)
- 1 Kelloggs Rice Krispies Squares Rocky Road bar (34g)
- 1 Nakd Banana Bread Bar (35g) (1/2 pack)
- 1 Nature Valley Crunchy Oat and Honey (1/2 pack)
- 1 Nature Valley Crunchy – Canadian Maple Syrup (1/2 pack)
- 1 Nature Valley Crunchy and More- Oats and Berries bar (1/2 pack)
- 1 Nature Valley Crunchy and More- Oats and Hazelnut bar (1/2 pack)
- 1 Special K Biscuit Moments Double Chocolate bar (25g) (2 biscuits)
- 1 Special K with Belgian Milk Chocolate bar (20g)
- 1 Special K Red Berry bar (21.5g)
- 1 Special K Biscuit Moments Cherry bar (25g)

### 2 Exchanges

- 1 Belvita Duo Crunch-Strawberry and Yogurt biscuit
- 1 Belvita Yogurt Crunch-Creamy Yogurt biscuit
- 1 Belvita Yogurt Crunch-Honey and Yogurt biscuit
- 1 Harvest Morn Cranberry bar (31g)
- 1 Harvest Morn Fruit and Fibre Cereal bar (31g)
- 1 Kelloggs Chocolate Chip Breakfast Bake (45g)

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## Cereal Bars (continued)

### 2 Exchanges

- 1 Kelloggs Ginger Breakfast Bake (45g)
- 1 Kelloggs Raisin Breakfast Bake (45g)
- 1 Nakd Apple Pie Bar (35g)
- 1 Nakd Berry Cheeky Bar (30g)
- 1 Nature Valley Crunchy and More-Oats and Dark Chocolate bar (1/2 pack)

### 2 ½ Exchanges

- 1 Tesco Peanut Munch bar
- 1 Kelkin The Natural Biscuit Co. Little Oaty Bakes Strawberry (25 g pack)
- 1 Kelkin The Natural Biscuit Co. Little Oaty Bakes Apple (25g pack)
- 1 Kelloggs Nutrigrain Crunchy Oat Granola Honey bars (20g)
- 1 Organix Blackcurrant Soft Oaty Bar (30g)
- 1 Organix Strawberry and Apple Soft Oaty Bar (30g)
- 1 Organix Apple and Orange Soft Oaty Bar (30g)
- 1 Organix Raspberry and Apple Soft Oaty Bar (30g)

### 3 Exchanges

- 1 Nature Valley Sweet and Nutty- Almond

### 4 Exchanges

- 1 Nature Valley Sweet and Nutty- Peanut

## Cheese

### 2 Exchanges

- 1 Galtee Cheese Singles slice (17g)
- 1 Laughing Cow Original Cheese triangle
- 1 Tesco Everyday Value Cheese Singles (17g)

### 2 ½ Exchanges

- 1 Golden Vale Easi Singles slice (20g)
- 1 Laughing Cow Light triangle
- 1 Tesco Cheesy Slice (20g)

### 3 Exchanges

- 1 Laughing Cow Extra Light triangle (17.5g)

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## Crackers & Rice Cakes

### 1 ½ Exchanges

- 1 Ryvita Thins Multiseed Cracker
- 1 Walkers Highland Oatcake

### 2 Exchanges

- 1 Jacobs Crispbread-Original
- 1 Jacobs Crispbread-Sesame

## Milk

### 1 Exchange

- 30ml Full Fat/Semi-Skimmed/Skimmed/ Lactose Free Milk
- 1 glass Alpro Almond Milk Original/Original Fresh (200ml)
- 1 glass Alpro Almond Milk Unroasted & Unsweetened (200ml)
- 1 glass Alpro Almond Milk Unsweetened & Fresh/Unsweetened (200ml)
- 1 glass Alpro Cashew Milk Original (200ml)
- 1 glass Alpro Hazelnut Milk Original (200ml)
- ½ glass Oatly Oat Drink (100ml)

### 1 ½ Exchanges

- 1 glass of Alpro Almond Milk Dark Chocolate (200ml)

**Can be added to food/low protein milk to boost exchanges if struggling to meet full exchanges.**

## Noodles, Pasta & Rice

### 2 Exchanges

- 16g of UNCOOKED pasta
- 1 blue scoop of Tesco Quinoa cooked (40g)
- 100g Heinz Alphabeti in Tomato Sauce
- 100g Heinz Hoops in Tomato Sauce

### 2 ½ Exchanges

- ½ pack Amoy Straight to Wok Rice Noodles (150g)

### 3 ½ Exchanges

- 1 Heinz Hoops Snap Pots (190g)
- ½ pack Tilda Steamed Brown Basmati Rice
- ½ pack Tilda steamed Pure Basmati Rice
- ½ pack Uncle Bens Express - Long Grain Rice
- 100g Uncle Bens Risotto – Italian Herb

### 4 Exchanges

- ½ pack Erin Savoury Rice- Curry
- ½ pack Erin Savoury Rice- Mexican
- ½ pack Uncle Bens Express- Basmati Rice
- ½ pack Uncle Bens Express- Golden Veg Rice

## Pancakes

### 2 Exchanges

- 1 Dunnes My Family Favourite Pancake
- 1 M&S Scotch Pancake
- 1 Connell Bakery Buttermilk Pancakes

### 2 ½ Exchanges

- 1 Pat the Baker Pancake
- 1 Sunblest Pancake
- 1 Tesco Pancake
- 1 Hovis Scotch Pancake

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## Popcorn

### 1 ½ Exchanges

1 Propercorn Sweet Coconut and Vanilla

### 2 Exchanges

1 Propercorn Lightly Sea Salted (30g)

1 Propercorn Sweet and Salty (30g)

### 3 Exchanges

1 Manhattan Popcorn bag (30g)

1 Supervalu Salted Popcorn bag (30g)

## Potato & Potato Products

### 1 ½ Exchanges

1 Aunt Bessie Chunky Croquette

1 Birds Eye Potato Waffle

1 Green Isle Potato Waffle

1 M&S Irish Potato Farl

1 Rankin Irish Potato Farl

1 Tesco Potato Waffle

### 2 Exchanges

1 McCain's Roast Potato (80g)

### 2 ½ Exchanges

1 pack McCain's Microchips

1 Tesco Soft Potato Farl

### 3 ½ Exchanges

1 McCain's Oven Jacket Potato

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# Rice Puddings & Custards

## 2 Exchanges

100g Tesco Ready to Serve Low Fat Custard

100g Tesco Ready to Serve Low Fat Custard

## 2 ½ Exchanges

1 Aero Mint Chocolate Mousse pot (59g)

1 Rolo Dessert Pot (70g)

## 3 Exchanges

1 Aero Bubbly Milk Chocolate Dessert pot (59g)

100g Tesco Everyday Value Rice Pudding

## 3 ½ Exchanges

1 Ambrosia Banana Flavour Custard pot (120g)

1 Ambrosia Chocolate Flavour Custard pot (120g)

1 Ambrosia Devon Custard pot (120g)

1 Ambrosia Low Fat Custard pot (125g)

1 Ambrosia Strawberry Flavour Custard pot (120g)

1 Tesco Free From Chocolate Dessert Pot (100g)

## 4 Exchanges

1 Alpro Velvety Vanilla Soya Dessert Pot (125g)

1 Alpro Dark Chocolate Soya Dessert Pot (125g)

1 Alpro Silky Smooth Chocolate Dessert Pot (125g)

1 Alpro Sweet Creamy Caramel Dessert Pot (125g)

1 Ambrosia Light Rice pot (115g)

1 Ambrosia Rice Pudding pot (120g)

1 Cadbury Flake Pot (90g)

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# Sauces

## 1 ½ Exchanges

- ½ pack Amoy Black Bean Stir Fry Sauce (60g)
- ½ pack Amy Hoi Sin Stir Fry Sauce
- 100ml Amoy Dark Soy Sauce
- 100ml Amoy Light Soy Sauce
- 100g Sharwoods Hoisin Marinade
- 100g Tesco Black Bean Sauce
- 100g Insanely Good Bombay Curry Sauce
- 100g Insanely Good Fruity Curry Sauce
- 100g Kanpur Garden Jalfrezi Sauce (Lidl)
- 100g Kanpur Garden Tikka Masala Sauce (Lidl)
- 100g Llyod Grossman Balti Curry Sauce
- 100g Meridan Korma Sauce
- 100g M&S Balti
- 100g M&S Madras
- 100g M&S Rogan Josh
- 100g Pataks Madras Paste
- 100g Pataks Mild Kormas Sauce
- 100g Pataks Rogan Josh Paste
- 100g Pataks Tikka Masala Sauce
- 100g Sharwoods Korma Sauce
- 100g Uncle Bens Tikka Masala Medium

## 2 Exchanges

- 100g Blue Dragon Black Bean Stir Fry Sauce
- 100g Harvest Kitchen Curry Sauce (Aldi)
- 100g Sharwoods Stir Fry Black Bean Sauce
- 100g M&S Tikka Masala Paste
- 100g Green Saffron Mild Curry Sauce
- 100g Green Saffron Medium Curry Sauce
- 100g Green Saffron Jalfrezi Cook in Sauce

## 3 Exchanges

- 100g Pataks Korma Paste
- 100g Pataks Tikka Masala Paste
- ½ jar Tesco Finest Korma Cooking Sauce

## 4 Exchanges

- 100g Pataks Mild Curry Paste

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# Soups

## 1 Exchange

- 1 carton Cully & Sully Soup Honey, Carrot and Coriander (400g)
- 100g Avonmore Vine Ripened Tomato and Basil Soup
- 100g Baxters Country Garden Soup
- 100g Baxters Cream of Tomato Soup
- 100g Baxters Cream of Mushroom Soup
- 100g Erin Soufuls Harvest Vegetables

## 1 ½ Exchanges

- 100g Baxters Italian Tomato & Basil Soup
- 100g Baxters Minestrone Soup
- 100g Deluxe Cream of Mushroom Soup (Lidl)
- 190ml Knorr Quick Soup Oxtail
- 100g Weight Watchers Chicken Soup

## 2 Exchanges

- 100g Baxters Cream of Chicken Soup
- 100g Baxters Chicken & Vegetable Soup
- 100ml Baxters Scotch Broth

## 2 ½ Exchanges

- 200ml Newgate Vegetable Soup (Lidl)
- 1 carton of Cully & Sully Vegetable Soup (400g)

## 3 Exchanges

- ½ pack Knorr Special Recipe Soup Traditional Vegetables
- ½ pack Knorr Special Recipe Soup Wild Mushroom
- 200ml Newgate Cream of Chicken Soup (Lidl)
- 1 carton of Cully & Sully Soup Squash'ed Veggie (400g)
- 1 carton of Cully & Sully Soup White Winter Vegetable (400g)

## 3 ½ Exchanges

- 1 carton of Cully & Sully Soup Creamy Tomato & Basil (400g)
- 1 carton of Avonmore Soup Farmer's Choice Mixed Vegetable (400g)
- 1 carton of Avonmore Soup Potato and Leek (400g)
- 1 carton of Avonmore Farmers Choice Mixed Vegetable Soup (400g)

## 4 Exchanges

- 1 carton Avonmore Soup Vine Tomato and Basil (400g)

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## Vegetables/ Vegetable Products

### 1 ½ Exchanges

1 Kanpur Gardens Mini Indian Snacks Samosa

### 2 Exchanges

1 Cauldron Foods Falafel

### 3 Exchanges

1 M&S Vegetable Crispbake

1 Strong Roots Kale and Quinoa Burger

### 3 ½ Exchanges

1 Quorn Sausage

### 4 Exchanges

1 Tesco Vegetable Quarter Pounder

## Yoghurt

### 1 ½ Exchanges

1 Petit Filous Frube (40g)

### 2 Exchanges

1 Benecol Light Yogurt Drink (67.5g)\*\*

1 Benecol Blueberry Drink (67.5g)\*

1 Benecol Strawberry Yogurt Drink (67.5g)\*\*

1 Benecol Peach and Apricot Drink (67.5g)\*

1 Benecol Raspberry Yoghurt Drink (67.5g)\*

1 Glenisk Organic Goats Milk Yogurt, Vanilla & Peach pot (90g)

1 Petit Filous Frube Shot Pouch (70g)

1 Frubes Yogurt tube strawberry & raspberry (70g)

### 2 ½ Exchanges

1 bottle Actimel Forest Fruit (100g)

1 bottle Actimel Raspberry (100g)

1 bottle Actimel Strawberry (100g)

1 Glenisk Go-Yos strawberry/ peach & raspberry tube (40g)

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## Yoghurt (continued)

### 2 ½ Exchanges

- 1 pot Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana (42g)
- 1 pot Munch Bunch Fromage Frais Reduced Sugar
- 1 pot Munch Bunch Squashum Raspberry/Strawberry (60g)
- 1 Munch Bunch Squashum Yoghurt Drink (90g)
- 1 Petit Filous pot (47g)
- 1 Tesco Cholesterol Reducing Strawberry Flavoured Yogurt Drink\*\* (100g)

### 3 Exchanges

- 1 bottle Actimel Original (100g)
- 1 Glenisk Greek Style Yogurt pot (100g)
- 1 Glenisk Organic Baby Fromage Frais Apple & Pear pot (60g)
- 1 Glenisk Organic Baby Fromage Frais Peach & Banana pot (60g)
- 1 Glenisk Organic Baby Fromage Frais Strawberry & Apple pot (60g)
- 1 Tesco Goodness Fromage Frais Strawberry and Banana (50g)

### 3 ½ Exchanges

- 1 bottle Actimel Raspberry (100g)
- 1 Alpro Soya Blackberry pot (125g)
- 1 Alpro Soya Peach pot (125g)
- 100g Alpro Blueberry
- 100g Alpro Strawberry
- 100g Alpro Vanilla
- 1 Munch Bunch Jelly Delight pot (85g)

### 4 Exchanges

- 1 Activia Rhubarb yoghurt pot (125g)
- 1 Activia Strawberry yoghurt pot (125g)
- 100g Alpro Plain with Almond
- 100g Alpro Plain with Coconut
- 100g Alpro Simply Plain
- 1 Cal In+: Apricot pot (125g)
- 1 Cal In+: Cherry pot (125g)
- 1 Cal In+: Strawberry pot (125g)
- 1 Cal In+: Vanilla pot (125g)
- 1 Glenisk Organic No Added Sugar Strawberry Kids Yoghurt pot (90g)
- 1 Glenisk Organic No Added Sugar Vanilla Kids Yoghurt pot (90g)
- 1 Glenilen Farm Mango and Passionfruit yoghurt pot (125g)

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## Yoghurt (continued)

### 4 Exchanges

- 1 Glenilen Farm Strawberry and Natural live yoghurt pot (125g)
- 1 Yoplait Chocolate Yoghurt pot (125g)
- 1 Yoplait Forest Fruit Yoghurt pot (125g)
- 1 Yoplait Melon & Orange Yoghurt pot (125g)
- 1 Yoplait Peach and Strawberry pot (125g) **Not suitable for PKU**
- 1 Yoplait Pear Yoghurt pot (125g) **Not suitable for PKU**
- 1 Yoplait Raspberry Yoghurt pot (125g)
- 1 Yoplait Strawberry Yoghurt pot (125g)

*'Not suitable for PKU' means that these products contain aspartame.*

**\*\* These products are not recommended for those under 5 years of age, pregnant and lactating women.**

## Miscellaneous

### 1 ½ Exchanges

- 1 McVities Toasting Waffle
- 1 M&S Simply 12 Yorkshire Puddings

### 2 Exchanges

- 1 M&S Beef Dripping Yorkshire pudding

### 2 ½ Exchanges

- 1 Tesco Sugar Waffle

### 3 Exchanges

- 1 Tesco Crumpet

### 4 Exchanges

- 1 Jus Roll Puff Square (78g)

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