










## Low Protein Christmas Foods 2017

### Christmas Products

<p><b>Holland &amp; Barrett Dairy Free Advent Calendar</b></p> <ul style="list-style-type: none"> <li>1 chocolate a day = free*</li> </ul> 	<p><b>MooFree Dairy Free Advent Calendar</b></p> <ul style="list-style-type: none"> <li>1 chocolate a day = free*</li> </ul> 	<p><b>Chocologic Free From Advent Calendar</b></p> <ul style="list-style-type: none"> <li>1 chocolate a day = free*</li> </ul> 
<p><b>Plamil Dairy Free Selection Box</b></p> <ul style="list-style-type: none"> <li>Check individual values</li> </ul> 	<p><b>MooFree Hammy's Selection Box</b></p> <ul style="list-style-type: none"> <li>Ranges from ½ -1 exchange per bar (check each individual bar)</li> </ul> 	<p><b>Merry Moos Christmas Selection Box</b></p> <ul style="list-style-type: none"> <li>½ exchange per each bar</li> </ul> 
<p><b>Mini Moo Chocolate Snowman</b></p> <ul style="list-style-type: none"> <li>1 exchange per snowman (0.96g protein)</li> </ul> 	<p><b>Mini Moo Chocolate Santa</b></p> <ul style="list-style-type: none"> <li>1 exchange per Santa (0.96g protein)</li> </ul> 	<p><b>Choices Dairy Free White Chocolate Santa</b></p> <ul style="list-style-type: none"> <li>Free per Santa (0.16g protein)</li> </ul> 

\*More than one chocolate a day may need to be counted. Please check the label

**Sweet and Savoury Options**

<p><b>Rowntrees Jelly Tots Tube</b></p> <ul style="list-style-type: none"> <li>Free</li> </ul> 	<p><b>Mr Kipling Frosty Fancies 8 Pack</b></p> <ul style="list-style-type: none"> <li>½ exchange per 1 cake (0.7g protein)</li> </ul> 	<p><b>Cadburys Festive Cake Bar</b></p> <ul style="list-style-type: none"> <li>1 exchange per bar (1.1g protein)</li> </ul> 
<p><b>McVities Penguin Yule Logs</b></p> <ul style="list-style-type: none"> <li>1 exchange per 1 yule log bar (1.2g protein)</li> </ul> 	<p><b>Mr Kipling Winter Whirls</b></p> <ul style="list-style-type: none"> <li>1 exchange per whirl (1.1g protein)</li> </ul> 	<p><b>Tesco Free From 4 Deep Filled Mince Pies</b></p> <ul style="list-style-type: none"> <li>1 exchange per mince pie (1g protein)</li> </ul> 
<p><b>Tesco Finest Mini Mince Pies 12 Pack</b></p> <ul style="list-style-type: none"> <li>1 exchange per mini mince pie (0.9g protein)</li> </ul> 	<p><b>Tesco Free From Bramley Apple Pies</b></p> <ul style="list-style-type: none"> <li>1 exchange per pie (1g protein)</li> </ul> 	<p><b>Tesco Free From 5 Iced Fruit Cake Slices</b></p> <ul style="list-style-type: none"> <li>1 exchange per slice (1.1g protein)</li> </ul> 

### Alpro Coconut Ice Cream

- Free per 100g (0.2g protein)
- ½ exchange per 200g (0.4g protein)



### Alpro Hazelnut Chocolate Ice Cream

- 1 exchange per 100g (0.8g protein)



### Tesco Meat Free Ham And Cheese Stars And Trees

- 1 ½ exchanges per 1 shape (1.7g protein)



### Tesco Christmas Potato Shapes

- 2 exchanges per 100g (2.2g protein)



### Tesco Bombay Potato Rosti Baskets

- ½ exchange per basket (0.4g protein)



### Tesco 12 Mozzarella Sticks

- 1 ½ exchanges per mozzarella stick (1.3g protein)



### Tesco Sweet And Sour Vegetable Wontons

- ½ exchange per 1 wonton (0.7g protein)
- 1 ½ exchanges per 2 wontons (1.4g protein)



### Diggers Mini Vegetable Spring Rolls

- ½ exchange per 15g spring roll (0.67g protein)
- 1 ½ exchanges per 2 spring rolls (1.3g protein)

