**Low Protein Manufactured Foods List 2019**

(Free from protein unless stated otherwise)

The traffic light colours beside each food are to show if the item is **high**, **medium** or **low** when compared against the Irish Heart Foundation guidelines for sugar, saturated fat and salt per 100g of prepared product. Please speak to your dietitian for further guidance on choosing a balanced selection of low protein foods.

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| **Biscuits** |
| **Taranis** | Taranis Raspberry Shortbread | 4 x 30g |  | GMS: 85084 |
|  | Taranis Shortbread | 4 x 30g |  | GMS: 85084 |
|  | Taranis Biscuits with Caramel Shards | 4 x 32.5g |  | GMS: 85085 |
| **Bread** |
| **Firstplay Dietary Foods** | Promin Fresh Bread | 4 x 800g  |  | GMS:81504 |
| **Juvela** | Juvela Low Protein Loaf | 400g |  | GMS: 81256 |
|  | Juvela Low Protein Rolls | 350g |  | GMS: 81826 |
| **Nutricia** | Loprofin Part Baked Loaf | 400g |  | GMS: 81375 |
|  | Loprofin Part Baked Rolls | 4 x 65g |  | GMS: 81292 |
| **PK Foods** | PK Foods Low Protein White Loaf | 300g |  | LTI\*\* |
| **Cake and Cake Mix** |
| **Fate** | Fate Low Protein Chocolate Cake Mix | 2 x 250g |  | GMS: 81299 |
|  | Fate Low Protein Cake Mix | 2 x 250g |  | GMS: 81299 |
| **Nutricia** | Loprofin Chocolate Cake Mix | 500g |  | GMS: 81819 |
| **Taranis** | Taranis Natural Cake Mix | 300g |  | GMS: 85088 |
|  | Taranis Low Protein Cakes - Lemon | 6 x 40g |  | GMS: 85087 |
|  | Taranis Low Protein Cakes - Pear | 6 x 40g |  | GMS: 85087 |
|  | Taranis Low Protein Cakes - Apricot | 6 x 40g |  | GMS: 85087 |
| **Cereal/Breakfast** |
| **Firstplay Dietary Foods** | Promin Hot Breakfast - Original | 6 x 56g |  | GMS: 81018 |
|  | Promin Hot Breakfast - Apple and Cinnamon | 6 x 57g |  | GMS: 81018 |
|  | Promin Hot Breakfast - Banana | 6 x 57g |  | GMS: 81018 |
|  | Promin Hot Breakfast - Chocolate | 6 x 57g |  | GMS: 81018 |
|  | Promin Breakfast Bars -Apple and Cinnamon | 6 x 40g |  | Purchase\* |
|  | Promin Breakfast Bars -Banana | 6 x 40g |  | Purchase\* |
|  | Promin Breakfast Bars -Chocolate and Cranberry | 6 x 40g |  | Purchase\* |
|  | Promin Breakfast Bars -Cranberry | 6 x 40g |  | Purchase\* |
| **Nutricia** | Loprofin Cereal Loops | 375g |  | GMS: 81098 |
|  | Loprofin Breakfast Flakes - Strawberry | 375g |  | GMS: 81098 |
|  | Loprofin Breakfast Flakes - Chocolate | 375g |  | GMS: 81098 |
| **Cheese Substitute** |
| **Taranis** | Taranis Cheese Substitute | 6 x 20g |  | Purchase\* |

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| **Chocolate** |
| **Taranis** | Taranis Choquito Candies(may need to count exchanges) | 26g bag1kg bag |  | Purchase\* |
| **Vitaflo** | Vitabite Low Protein Chocolate Bar | 7 x 25g |  | GMS: 81735 |
| **Crackers** |
| **PK Foods** | PK Foods Crispbread | 75g |  | LTI\*\* |
| **Nutricia** | Loprofin Plain Crackers | 150g |  | GMS: 81205 |
|  | Loprofin Herb Crackers | 150g |  | GMS: 81205 |
| **PK Foods** | PK Foods Aminex Rusks | 200g |  | LTI\*\* |
| **Taranis** | French Toast/Rusks (Biscottes) | 4 x 62.5g |  | GMS: 85089 |
| **Vitaflo** | Choices Mini Crackers | 15 x 40g |  | GMS: 59112 |
| **Crisps** |
| **Firstplay Dietary Foods** | Promin Low Protein Snax - Jalapeno | 12 x 25g |  | Purchase\* |
|  | Promin Low Protein Snax - Cheese and Onion | 12 x 25g |  | Purchase\* |
|  | Promin Low Protein Snax - Salt and Vinegar | 12 x 25g |  | Purchase\* |
|  | Promin Low Protein Snax - Ready Salted | 12 x 25g |  | Purchase\* |
| **Taranis** | Taranis Snackyville Cheese Puffs | 40g |  | Purchase\* |
| **Desserts** |
| **Firstplay Dietary Foods** | Promin Low Protein Rice Pudding - Apple | 4 x 69g |  | GMS: 81074 |
|  | Promin Low Protein Rice Pudding – Strawberry(may need to count exchanges) | 4 x 69g |  | GMS: 81074 |
|  | Promin Low Protein Dessert - Chocolate and Banana | 6 x 36.5g |  | GMS: 83037 |
|  | Promin Low Protein Dessert - Custard | 6 x 36.5g |  | GMS: 83037 |
|  | Promin Low Protein Dessert - Caramel | 6 x 36.5g |  | GMS: 83037 |
|  | Promin Low Protein Dessert - Strawberry and Vanilla | 6 x 36.5g |  | GMS: 83037 |
|  | Promin Low Protein Rice Pudding - Original | 4 x 69g |  | GMS: 81074 |
|  | Promin Low Protein Rice Pudding - Banana | 4 x 69g |  | GMS: 81074 |
| **Taranis** | Taranis Pause Dessert – Caramel **(high kcal)** | 4 x 125g |  | *Available for individual reimbursement on a* ***patient specific*** *basis through the hardship scheme* |
|  | Taranis Pause Dessert – Strawberry **(high kcal)** | 4 x 125g |  | *Available for individual reimbursement on a* ***patient specific*** *basis through the hardship scheme* |
| **PK Foods** | PK Foods Low Protein Jelly Mix - Orange | 320g |  | LTI\*\* |
|  | PK Foods Low Protein Jelly Mix - Cherry | 320g |  | LTI\*\* |
| **Taranis** | Taranis Dessert Drinks - Strawberry | 400g |  | Purchase\* |
|  | Taranis Dessert Drinks - Vanilla | 400g |  | Purchase\* |
|  | Taranis Cocoa and Vanilla Dessert(may need to count exchanges) | 5 x 19g |  | Purchase\* |

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| **Egg Replacer** |
| **PK Foods** | PK Foods Egg Replacer | 200g |  | GMS: 81102 |
| **Taranis** | Taranis Egg Substitute | 250g |  | Purchase\* |
| **Nutricia** | Loprofin Egg Replacer | 2 x 250g |  | GMS: 81672 |
|  | Loprofin Egg White Replacer | 100g |  | GMS: 81684 |
| **Flour Mixes** |
| **Juvela** | Juvela Low Protein Mix | 500g |  | GMS: 81390 |
| **PK Foods** | PK Foods Four Mix | 750g |  | GMS: 81096 |
| **Fate** | Fate All Purpose Flour Mix | 2 x 250g |  | GMS: 81299 |
| **Firstplay Dietary Foods** | Promin Potato Cake Mix(count as exchanges)  | 300g |  | Purchase\* |
| **Nutricia** | Loprofin Mix | 500g |  | GMS: 81819 |
| **Taranis** | Taranis Pancake and Waffle Mix | 300g |  | GMS: 85096 |
| **Meat and Fish Substitutes** |
| **Firstplay Dietary Foods** | Promin Burger Mix – Original(count as exchanges)  | 4 x 62g |  | GMS: 81072 |
|  | Promin Burger Mix - Lamb and Mint(count as exchanges)  | 4 x 62g |  | GMS: 81072 |
|  | Promin Sausage Mix – Original(may need to count as exchanges)  | 4 x 30g |  | GMS: 81385 |
|  | Promin Sausage Mix - Apple and Sage(may need to count as exchanges)  | 4 x 30g |  | GMS: 81385 |
|  | Promin Sausage Mix - Tomato and Basil(may need to count as exchanges)  | 4 x 30g |  | GMS: 81385 |
| **Taranis** | Taranis Fish Substitute(count as exchanges)  | 4 x 62g |  | Purchase\* |
| **Milk Drink** |
| **Nutricia** | Loprofin PKU Milk (count as exchanges)  | 24 x 200ml |  | GMS: 81175 |
| **Taranis** | Dalia Liquid Milk | 24 x 200ml |  | GMS: 81484 |
|  | Dalia Powdered Milk | 400g |  | GMS: 85073 |
| **Nutricia** | Sno-Pro Milk(may need to count as exchanges)  | 27 x 200ml |  | GMS: 83771 |
| **Vitaflo** | Prozero 250ml | 18 x 250ml |  | GMS: 81195 |
|  | Prozero 1 litre | 6 x 1litre |  | GMS: 81283 |
| **Nutricia** | Calogen 200ml | 200ml |  | GMS: 1079 |
|  | Calogen 500ml | 500ml |  | GMS: 81028 |
|  | Duocal Powder | 400g |  | GMS: 84913 |
| **Pasta and Rice** |
| **Firstplay Dietary Foods** | Promin Low Protien Alphabets | 500g |  | GMS: 81120 |
|  | Promin Low Protien Alphabets - Tricolour | 500g |  | GMS: 81322 |
|  | Promin Low Protein Elbows | 500g |  | GMS: 81120 |
|  | Promin Low Protein Elbows - Tricolour | 500g |  | GMS: 81322 |
|  | Promin Low Protein Shells | 500g |  | GMS: 81120 |
|  | Promin Low Protein Shells - Tricolour | 500g |  | GMS: 81322 |
|  | Promin Low Protein Spirals | 500g |  | GMS: 81120 |
|  | Promin Low Protein Spirals - Tricolour | 500g |  | GMS: 81322 |
|  | Promin Low Protein Flat Noodles | 500g |  | GMS: 81381 |
|  | Promin Low Protein Cous Cous | 500g |  | GMS: 81201 |
| **Firstplay Dietary Foods** | Promin Low Protein Lasagne Sheets | 200g |  | GMS: 81062 |
|  | Promin Low Protein Macaroni | 500g |  | GMS: 81063 |
|  | Promin Low Protein Short Cut Spaghetti | 500g |  | GMS: 83020 |
|  | Promin Low Protein Pastameal | 500g |  | GMS: 82724 |
|  | Promin Low Protein Rice | 500g |  | GMS: 83330 |
|  | Promin Plus Low Protein Flat Noodles | 500g |  | Purchase\* |
|  | Promin Plus Low Protein Macaroni | 500g |  | Purchase\* |
|  | Promin Plus Low Protein Spaghetti | 500g |  | Purchase\* |
|  | Promin Plus Low Protein Spirals | 500g |  | Purchase\* |
| **Nutricia** | Loprofin Rice | 500g |  | GMS: 81016 |
|  | Loprofin Animal Pasta | 500g |  | GMS: 83018 |
|  | Loprofin Lasagne | 250g |  | GMS: 81113 |
|  | Loprofin Long Spaghetti | 500g |  | GMS: 83020 |
|  | Loprofin Macaroni | 250g |  | 81063 |
|  | Loprofin Fusilli | 500g |  | GMS: 83019 |
|  | Loprofin Penne | 500g |  | GMS: 83007 |
|  | Loprofin Tagliatelle | 250g |  | 81069 |
| **PK Foods** | PK Foods Pasta Spirals | 250g |  | GMS: 81088 |
| **Pasta in Sauce Meals** |
| **Firstplay Dietary Foods** | Promin Pasta in Tomato, Pepper and Herb Sauce(count as exchanges)  | 4 x 72g |  | GMS: 83036 |
|  | Promin Pasta in Cheese and Broccoli Sauce(may need to count as exchanges)  | 4 x 66g |  | GMS: 81243 |
|  | Promin Pasta in Moroccan Sauce(count as exchanges)  | 4 x 72g |  | GMS: 81274 |
| **Pizza** |
| **Firstplay Dietary Foods** | Low Protein Pizza Base Mix | 300g |  | Purchase\* |
| **Juvela** | Low Protein Pizza Base  | 2 x 180g |  | LTI\*\* |
| **Pot Meals** |
| **Firstplay Dietary Foods** | Promin Macpot - Macaroni Cheese(may need to count as exchanges)  | 4 x 61g |  | Purchase\* |
|  | Promin Macpot - Tomato Macaroni (may need to count as exchanges)  | 4 x 61g |  | Purchase\* |
|  | Promin Potato Pot -Cabbage, Bacon and Croutons(count as exchanges)  | 4 x 50g |  | Purchase\* |
|  | Promin Potato Pot -Onion and Croutons(count as exchanges)  | 4 x 50g |  | Purchase\* |
|  | Promin Potato Pot -Sausage and Croutons(count as exchanges)  | 4 x 50g |  | Purchase\* |
|  | Promin Xpot - All Day Scramble(may need to count as exchanges)  | 4 x 60g |  | Purchase\* |
|  | Promin Xpot - Beef and Tomato(may need to count as exchanges)  | 4 x 60g |  | Purchase\* |
|  | Promin Xpot - Rogan Style Curry(may need to count as exchanges)  | 4 x 60g |  | Purchase\* |
|  | Promin Xpot - Chip Shop Curry(may need to count as exchanges)  | 4 x 60g |  | Purchase\* |

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| **Risotto Meals** |
| **Taranis** | Taranis Risotto | 4 x 300g |  | GMS: 85105 |
| **Sauce** |
| **Firstplay Dietary Foods** | Promin Low Protein Cheese Sauce Mix(count as exchanges)  | 225g |  | Purchase\* |
| **Taranis** | Taranis Cheese Flavour Sauce Mix | 200g |  | Purchase\* |
| **Soup** |
| **Firstplay Dietary Foods** | Promin Low Protein Soup - Creamy Tomato with Croutons(count as exchanges)  | 4 x 23g |  | Purchase\* |
|  | Promin Low Protein Soup - Creamy Chicken with Croutons(count as exchanges)  | 4 x 28g |  | Purchase\* |
|  | Promin Low Protein Soup - Minestone with Croutons(count as exchanges)  | 4 x 28g |  | Purchase\* |
|  | Promin Low Protein Soup - Pea and Mint with Croutons(count as exchanges)  | 4 x 23g |  | Purchase\* |
| **Spread** |
| **Taranis** | Taranis Hazelnut Flavour Spread | 230g |  | GMS: 85101 |

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

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| **Manufacturer** | **Contact** | **Distributer** | **Phone Numbers** |
| PK Foods | Ellisellis@glutenfree-foods.co.uk | All Phar | 01-4041600 |
| Fate | Eileen GreenPhone: (UK) 00441215224434 | All Phar | 01-4041600 |
| Juvela | Orla (REP) 0866058169Phone: 1800 405090lowprotein@juvela.co.uk | United Drug | 01-4632300 or01-4598877 |
| Nutricia | Catherine Costello (REP) 0871438613Phone: 1800 923535metabolic@nutricia.com | United Drug | 01-4632300 or01-4598877 |
| Promin/Firstplay DietaryFoods | Phone: (UK) 0044161 4804602katya.sheridan@firstplaydf.comwww.prominpku.com | Biofactwww.biofact.ie | 01-6012544 |
| Taranis / Lactalis Nutrition | Rachel ZattiPhone: (France) 0299 49 20 89Rachel.Zatti@lactalis.fr | Biofact www.biofact.ie | 01-6012544 |
| Vitaflo | Claire Quinn (REP) 0838016652Russell Martin (REP) 0866080806metabolics@vitaflo.ie | All Phar | 01-4041600 |

**Manufactured Low Protein Foods that Contain Exchanges**

**PKU:**

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| **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 Dalia Liquid Milk | < 300 ml | free |
|  | 350 ml | ½ exchange |
|  | 700 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:**

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| **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 Dalia Liquid Milk | < 200 ml | free |
|  | 250 ml | ½ exchange |
|  | 500 ml | 1 exchange |
| Taranis Dalia Powdered Milk | < 150 ml  | free |
|  | 200 ml | ½ exchange |

***HCU continued:***

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| **Item** | **Quantity** | **No. of Exchanges** |
| 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 |

**MSUD:**

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| **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 Dalia Liquid Milk | < 250 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 |

**All Other Protein Disorders:**

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| **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 |

***All Other Protein Disorders continued:***

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| **Item**  | **Quantity** | **No. of Exchanges** |
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| 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 | ½exchange |
| 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 |
| Taranis Dalia Liquid Milk | < 150 ml | free |
|  | 200 ml | ½ exchange |
| Taranis Dalia Powdered Milk | < 150 ml  | free |
|  | 200 ml | ½ exchange |
|  | 400ml | 1 exchange |

Produced by NCIMD, Children’s Health Ireland at Temple Street

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