



# Super High Exchange List 2017

**These foods are only suitable for patients on more than 20 Exchanges.**

## Breads

### 1 Exchange

- 1 slice Juvela Part Baked Gluten Free Fibre Loaf (29g)
- 1 slice of Kelkin 'Free From' White or Brown Bread (25g)

### 1 ½ Exchanges

- 1 slice of BFree Brown Seeded Bloomer or Seeded Sandwich Loaf (30g)
- 1 slice Kelkin Free From Multiseed Bread

### 2 Exchanges

- 1 M&S Mini Wholemeal Pitta
- 1 slice Kelkin Free From White Bread (50g)

### 2 ½ Exchanges

- 1 slice Brennans Be Good White Bread
- 1 slice Brennans Be Good Brown Bread
- 1 slice Brennans Be Good Wholemeal Bread
- 1 slice Hovis Nimble Wholemeal Bread
- 1 Juvela Gluten Free Fresh Fibre Roll
- 1 slice Irish Pride Slimsters
- 1 slice of Bfree Soft White Sandwich Loaf (30g)
- 1 Bfree Multigrain Wrap (42g)
- 1 slice Kelkin Free From Brown Bread (50g)

### 3 Exchanges

- 1 Bfree Quinoa and Chia Wrap (42g)
- 1 slice Connell Bakery White Premium Sliced Pan (Lidl)
- 1 slice Irish Pride Rustic Bake Wholemeal Bread
- 1 slice Just Free Gluten Free White Sliced Pan (Lidl)
- 1 Juvela Part Baked Gluten Free White Roll
- 1 Juvela Part Baked Gluten Free Fibre Roll
- 1 Maitre Jean Pierre Pain Au Chocolat (Lidl) (45g)
- 1 slice McCambridges Irish Stone Ground Wholewheat Bread
- 1 Super Valu 'Free From' White Roll (75g)
- 1 BFree Stone Baked Pita Bread (55g)
- 1 Bfree Plain Bagel (80g)
- 1 serving Kelkin Sourdough Bread (50g)

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## Breads continued

### 3 ½ Exchanges

- 1 slice Ballymore Crust Family Pan White (Aldi)
- 1 Bfree Multiseed Bagel
- 1 slice Brennans Brown & White in One Bite
- 1 slice Brennans Brown Bread Wholegrain
- 1 slice Brennans Brown Soda Bread
- 1 slice Brennans Crunchy Wholemeal with Pumpkin & Poppy Seeds
- 1 slice Brennans Family Pan Premium White Bread
- 1 slice Brennans Multiseed Bread
- 1 slice Brennans Wholegrain Batch
- 1 slice Connell Bakery White Medium Sliced Pan (Lidl)
- 1 slice Connell Bakery Wholemeal Premium Sliced Pan (Lidl)
- 1 Dunnes Soft Tortilla
- 1 slice Dunnes Stores White Sliced Bread
- 1 slice Dunnes Stores White Sliced Pan
- 1 serving Kelkin Multiseed Sourdough Bread (50g)
- 1 slice Irish Pride White Sandwich Bread (38g)
- 1 slice Irish Pride White & Wholemeal Sandwich Bread
- 1 slice Irish Pride Wholegrain Bread (38g)
- 1 Johnston Mooney & O'Brien Chia & Golden Linseed Sandwich Thin
- 1 Johnston Mooney & O'Brien Goodness of Both Sandwich Thin
- 1 slice Johnston Mooney & O'Brien Toastie
- 1 slice Johnston Mooney & O'Brien Goodness of Both Bread
- 1 slice Johnston Mooney & O'Brien's Butter Krust Family Pan
- 1 slice Just Free Gluten Free Multigrain Sliced Pan (Lidl)
- 1 Juvela Gluten Free White Roll
- 1 M&S Brioche Roll
- 1 Old El Paso Corn Tortilla Wrap
- 1 Old El Paso Soft Flour Tortilla Wrap (41 g)
- 1 Old El Paso Wholewheat Tortilla Wrap (41g)
- 1 slice Pat the Baker Thick Sliced Toasty Pan
- 1 slice Super Valu White Sliced Bread

### 4 Exchanges

- 1 slice Ballymore Crust 100% Wholemeal (Aldi)
- 1 slice Brennans 100% Wholemeal Bread
- 1 Brennans Be Good Sesame & Linseed Sandwich Breads
- 1 Brennans Be Good Wholemeal Sandwich Breads
- 1 Connell Bakery Multiseed Sandwich Slim (Lidl)
- 1 slice Connell Bakery White Half Sliced Pan (Lidl)
- 1 slice Connell Bakery Wholemeal Half Sliced Pan (Lidl)
- 1 Country Kitchen Kids Wrap (53g)
- 1 slice Dunnes Stores Brown Sliced Pan
- 1 slice Dunnes Stores Wholemeal Sliced Bread
- 1 Fitzgeralds Multiseed and Cereal Pitta Bread
- 1 Fitzgeralds Round Wholemeal Pitta Bread
- 1 Fitzgeralds Round White Pitta Bread
- 1 slice Hovis Best of Both Bread

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## Breads continued

### 4 Exchanges

- 1 slice Hovis Wholemeal Bread
- 1 slice Irish Pride Healthy Grain Bread
- 1 Irish Pride Slimsters Square
- 1 slice Irish Pride Wholemeal Sandwich Bread
- 1 Johnston Mooney & O' Brien Multiseed Sandwich Thins
- 1 M&S All Butter Croissant
- 1 slice Pat the Baker Multi-Grain Brown Sliced Pan
- 1 Pat the Baker Slimbo Plain White
- 1 slice Pat the Baker Wholegrain Bread

### 4 ½ Exchanges

- 1 slice Brennans Gluten Free Bread
- 1 slice Connell Bakery Wholemeal Soda Bread (Lidl)
- 1 slice Hovis Granary Wholemeal Bread
- 1 slice Irish Pride Big Toast Bread
- 1 Johnston Mooney & O'Briens Bundy Sesame Seed
- 1 Pat the Baker Slimbo Brown Mixed Seed
- 1 Pat the Baker Slimbo Sesame & Linseed
- 1 Rowan Hill Mediterranean Herb Wrap (Lidl)
- 1 Rowan Hill Plain Tortilla Wrap (Lidl)

### 5 Exchanges

- 1 Connell Bakery Seeded Burger Bun (Lidl)
- 1 Connell Bakery Unseeded Burger Bun (Lidl)
- 1 Country Kitchens Round White Pitta Bread
- 1 Country Kitchens Round Wholemeal Pitta Bread
- 1 Dunnes Stores Plain Burger Bun
- 1 Dunnes Stores White Mediterranean Wrap
- 1 Irish Pride Bunster Bun with Seeds
- 1 Irish Pride Bunster Bun No Seeds
- 1 Johnston Mooney & O'Briens Bundy Original
- 1 Old El Paso Large Soft Flour Tortilla Wrap
- 1 Pat the Baker 100% Wholemeal Slimbo
- 1 Rowan Hill Wheat & White Wrap (Lidl)
- 1 Super Valu Round White Pitta Bread
- 1 Super Valu Round Wholemeal Pitta Bread
- 1 Tesco Plain Tortilla Wrap
- 1 BFree Soft White Roll (60g)

### 5 ½ Exchanges

- 1 Country Kitchens Large Wrap
- 1 Country Kitchens Tomato & Basil Wrap
- 1 Dunnes Stores Plain Tortilla Wrap
- 1 Dunnes Stores Wholemeal Mediterranean Wrap
- 1 Super Valu Large Tortilla Wrap (62g)

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## Breads continued

### 5 ½ Exchanges

- 1 Tesco Seeded Tortilla Wrap (64g)
- 1 Tesco Wholemeal Pitta Bread (58g)
- 1 BFree Brown Seeded Roll (60g)

### 6 Exchanges

- 1 Country Kitchens Multigrain Wrap
- 1 Dunnes Stores Hot Dog Roll
- 1 Food Doctor Multiseed and Cereal Pitta
- 1 Super Valu Oval White Pitta Bread

### 6 ½ Exchanges

- 1 slice Brennans Batch High Fibre
- 1 Connell Bakery Hot Dog Roll (Lidl)
- 1 Dunnes Stores Fresh White Pitta Bread
- 1 Johnston Mooney & O'Briens Bundy Hot Dog Roll
- 1 Rowan Hill White Pitta Bread (Lidl)

### 7 Exchanges

- 1 Country Kitchens Crispy Ciabatta
- 1 Dunnes Stores Fresh Wholemeal Pitta Bread
- 1 Dunnes Stores Sesame Bap
- 1 Rowan Hill Wholemeal Pitta Bread (Lidl)
- 1 Super Valu Bake at Home Ciabatta

### 8 ½ exchanges

- 1 Brennans Cinnamon and Raisin Bagel

### 9 exchanges

- 1 Brennans Plain Bagel
- 1 Brennans Poppy Seed Bagel

### 9 ½ exchanges

- 1 Country Kitchens Multiseed and Cereal Bagel
- 1 New York Bakery Cinnamon and Raisin Bagel
- 1 New York Bakery Plain Bagel
- 1 New York Bakery Sesame Bagels

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# 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 Special K Red Berry Cereal Bar (25g)
- 1 Kelloggs Special K with Belgian Milk Chocolate
- 1 Kelloggs Special K Biscuit Moments Double Chocolate
- 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 Honeycomb Crunch bar (32g)
- 1 Kelloggs Rice Krispies Squares Rocky Road bar (34g)
- 1 bar Nature Valley Crunchy and More- Oats and Berries ( ½ pack)
- 1 bar Nature Valley Crunchy and More- Oats and Hazelnut ( ½ pack)
- 1 bar Nature Valley Crunch Oats and Honey ( ½ pack)
- 1 bar Nature Valley Crunchy Canadian Maple Syrup ( ½ pack)
- 1 Nakd Banana Bread Bar

## 2 Exchanges

- 1 Belvita Yogurt Crunch-Creamy Yogurt biscuit
- 1 Belvita Duo Crunch-Strawberry and Yogurt biscuit
- 1 Belvita Yogurt Crunch-Honey and Yogurt biscuit
- 1 Eat Natural Dark Chocolate, Cranberry and Macadamia
- 1 Harvest Morn Cranberry bar (31g)
- 1 Harvest Morn Fruit and Fibre Cereal bar (31g)
- 1 Kelloggs Elevenses Chocolate Chip Bake (45g)
- 1 Kelloggs Elevenses Ginger Bake (45g)
- 1 Kelloggs Elevenses Raisin Bake (45g)
- 1 bar Nature Valley Crunchy and More-Oats and Dark Chocolate ( ½ pack)
- 1 Nakd Apple Pie Bar
- 1 Nakd Berry Cheeky

## 2 ½ Exchanges

- 1 Good Snack Cranberry Goji and Almond Bar (40g)
- 1 Tesco Peanut Munch bar
- Kelkin Little Oaty Bakes Strawberry (25 g pack)
- 1 Nakd Bakewell Tart Bar
- 1 Nakd Pecan Pie Bar
- 1 Nakd Rhubarb & Custard
- 1 Nakd Carrot Cake Bar
- 1 bag Nakd Nibbles Salted Caramel

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## Cereal Bars continued

### 2 ½ Exchanges

- Organix Blackcurrant Soft Oaty Bars
- Organix Strawberry and Apple Soft Oaty Bars
- Organix Apple and Orange Soft Oaty Bars
- Organix Raspberry and Apple Soft Oaty Bars

### 3 Exchanges

- 1 Eat Natural Cashews, Blueberries and Yogurt (45g)
- 1 Eat Natural Darker Chocolate, Brazils and Apricot (45g)
- 1 bag Nakd Nibbles Toffee Treat

### 3 ½ Exchanges

- 1 Kind Almond and Coconut Bar (40g)
- 1 Nakd Cocoa Delight Bar
- 1 Nakd Cashew Cookie
- 1 bag Nakd Nibbles Coconut Bliss

### 4 Exchanges

- 1 Kind Cranberry, Almond and Macadamia Nut Bar (40g)
- 1 Nature Valley Sweet and Nutty- Peanut bar
- 1 Nakd Cocoa Orange Bar

### 4 ½ exchanges

- 1 Eat Natural Milk Chocolate with Peanuts and Cranberries

### 5 exchanges

- 1 Eat Natural Peanuts and Popcorn (45g)

### 5 ½ Exchanges

- 1 Eat Natural Brazil Nuts, Sultanas and Almond Bar (50g)
- 1 Nakd Banana Crunch
- 1 Nakd Strawberry Crunch

### 6 ½ exchanges

- 1 9 bar Original Carob Hit
- 1 9 bar Nutty Original
- 1 9 bar Carob Hit Chia Berry

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# Cheese

## 2 Exchanges

- 1 Galtee Cheese Singles slice (17g)
- 1 triangle of Laughing Cow Original (21g)
- 1 Philadelphia Original Mini Tub (35g)

## 2 ½ Exchanges

- 1 Kerri Easi Singles slice (20g)
- 1 Laughing Cow Light triangle (17.5g)
- 1 Laughing Cow Extra Light triangle (17.5g)
- 1 Tesco Everyday Value Cheese Singles slice (20g)

## 3 Exchanges

- Kilmeaden Mature Red Cheddar Hand Cut Slices (1 slice – 12g)

## 4 Exchanges

- 1 Laughing Cow Dip and Crunch Original (35g)

## 4 ½ Exchanges

- 1 Cheese String (20g)
- 1 Dairylea Dunkers Jumbo Tub (47g)
- 1 Dairylea Strip Cheese
- 1 Kerry Cheese String (21g)
- 1 Mini Full Fat Babybel

## 5 Exchanges

- 1 Mini Light Babybel
- 1 Cheese Peeler String (20g)

## 5 ½ Exchanges

- 1 LowLow Sliced Red Cheddar slice (20g)
- 1 LowLow Sliced White Cheddar slice (20g)

## 6 ½ Exchanges

- 1 Tesco Edam Cheese slice (25g)

## 9 ½ Exchanges

- 1 packet Charleville Snackfuls: Mature Cheddar and Country Relish
- 1 packet Charleville Snackfuls: Mature Cheddar and Chilli Chutney

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# Chicken and Chicken Products

## 1 ½ Exchanges

1 slice Tesco Wafer Thin Sliced Turkey

## 2 Exchanges

1 Dunnes Battered Chicken Dipper  
1 Dunnes Breaded Chicken Dipper  
1 Dunnes My Family Favourites Breaded Chicken Nugget

## 2 ½ Exchanges

1 Big Als Chicken Dipper  
1 Birds Eye Chicken Dipper  
1 Braemoor Battered Chicken Dipper (Aldi)

## 3 Exchanges

1 Birds Eye Breaded Chicken Nugget  
1 Birds Eye Chicken Finger  
1 Braemoor Breaded Chicken Dipper (Aldi)

## 4 Exchanges

1 Brannans Deli Style Chicken Slices (Aldi)  
1 Tesco Breaded Chicken Goujon  
1 Tesco Southern Fried Chicken Goujon

## 4 ½ Exchanges

1 Dunnes Stores Cooked Chicken Slice (21g)

## 6 Exchanges

1 Birds Eye Chicken Burger

## 6 ½ Exchanges

1 Big Al's Buffalo Chicken Wing  
1 Glensallagh Irish Deli Style Turkey Slice (Lidl)

## 7 Exchanges

30g (1oz) of chicken/turkey/duck  
1 Slice Denny Deli Style Turkey (30g)

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## Crackers and Rice Cakes

### 1 ½ Exchanges

- 1 Ryvita Thins Multiseed Cracker
- 1 Walkers Highland Oatcake

### 2 Exchanges

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

## Eggs

### 6 ½ Exchanges

- 1 'small' egg

### 7 ½ Exchanges

- 1 'medium' egg

### 8 ½ Exchanges

- 1 'large' egg

### 9 Exchanges

- 1 'very large' egg

## Fish and Fish Products

### 1 ½ Exchanges

- 1 Birds Eye Crispy Fish Bites

### 2 Exchanges

- 1 Youngs Flipper Dipper

### 3 Exchanges

- 1 Birds Eye Crispy Batter Fish Finger
- 1 Youngs Fish Finger
- 1 Youngs Omega 3 Fish Finger

### 3 ½ Exchanges

- 1 Birds Eye Fish Finger
- 1 Birds Eye Omega 3 Fish Finger
- 1 Ocean Trader Fish Finger
- 1 Tesco Omega 3 Breaded Fish Finger

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## Fish and Fish Products continued

### 4 Exchanges

- 1 Dunnes Stores My Family Favourites Cod Fish Finger
- 1 Donegal Catch Fish Finger

### 4 ½ Exchanges

- 1 Ocean Sea Alaska Pollock Fillet Fish Finger (Lidl)

### 5 Exchanges

- 1 M&S Chunky Breaded Cod Fish Finger
- 1 Ocean Sea Cod Fish Finger (Lidl)

### 7 ½ Exchanges

- 1 Ocean Trader Smoked Haddock Fish Cake

### 8 Exchanges

- 30g (1oz) of any type of fish (fresh/tinned etc)

## Ham

### 1 ½ Exchanges

- 1 slice Denny Corned Beef

### 2 Exchanges

- 1 slice Super Valu Corned Beef

### 3 Exchanges

- 1 slice Glensallagh Irish Wafer Thin Cooked Ham (Lidl)
- 1 slice Glensallagh Irish Wafer Thin Crumbed Ham (Lidl)

### 3 ½ Exchanges

- 1 serving Super Valu Wafer-Thin Ham (20g)

### 4 Exchanges

- 1 slice Brannans Cooked Lean Ham (Aldi)
- 1 slice Brannans Deli Style Carved Ham (Aldi)
- 1 slice Denny Deli Style Cooked Ham (20g)
- 1 slice Super Valu Deli Style Cooked Ham
- 1 slice Super Valu Deli Style Crumbed Ham
- 1 slice Tesco Crumbed Deli Style Ham

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## Ham continued

### 4 ½ Exchanges

- 1 slice Denny Deli Style Crumbed Ham
- 1 slice Dunnes Crumbed Ham

### 5 Exchanges

- 1 slice Glensallagh Irish Traditional Style Smoked Ham (Lidl)

### 5 ½ Exchanges

- 1 slice Glensallagh Irish Crumbed Ham Reduced Salt (Lidl)
- 1 slice Glensallagh Irish Traditional Style Honey Roast Ham (Lidl)

## Meat

### 7 Exchanges

- 30g (1oz) of beef/pork/lamb

## Milk

### 1 Exchange

- 30ml full fat/ semi-skimmed/ skimmed milk\*
- 30ml Alpro Soya Milk Original

### 6 Exchanges

- 1 glass of Alpro Soya Milk Original (200ml)

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

## Noodles, Pasta & Rice

### 2 Exchanges

- 16 g of UNCOOKED pasta

### 2 ½ Exchanges

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

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## Noodles, Pasta and Rice continued

### 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

### 4 Exchanges

- ½ pack Erin Savoury Rice- Curry
- 1 cup (prepared) Itsu Noodle Cup Vegetable Festival
- ½ pack Uncle Bens Express- Basmati rice
- ½ pack Uncle Bens Express- Golden Veg Rice
- 100g Uncle Bens Risotto Italian Herb

### 4 ½ Exchanges

- ½ pack Erin Savoury Rice- Mexican
- 1 cup (prepared) Itsu Noodle Cup Chicken Classic
- 1 sachet (prepared) Mug Shot Chow Mein Noodles
- ½ pack Super Noodles Chicken
- ½ pack Super Noodles Chinese Style
- ½ pack Uncle Bens Express- Chinese Style Rice
- ½ pack Uncle Bens Express – Mexican Rice (125g)
- ½ pack Uncle Bens Express- Veg Pilau Rice (125g)
- ½ pack Uncle Bens Express- Wholegrain Rice (125g)
- ½ pack Uncle Bens Express- Pilau Rice

### 5 Exchanges

- ½ pack Super Noodles Curry Flavour
- ½ pack Super Noodles BBQ Flavour
- ½ pack Tesco Mediterranean Style Couscous
- ½ pack Uncle Bens Express- Egg Fried Rice
- ½ pack Uncle Bens Classic Brown Basmati
- 1 bag Uncle Bens Boil in the bag Wholegrain Rice

### 5 ½ Exchanges

- 1 pot Mug Shot on the Go Chicken and Sweetcorn Noodles

### 6 Exchanges

- 1 nest Blue Dragon Fine Egg Noodles
- 1 nest Blue Dragon Medium Egg Noodles
- 1 nest Blue Dragon Whole Wheat Noodles

### 7 Exchanges

- ½ pack Amoy Straight to Wok Singapore Noodles
- 1 pot (prepared) Koka Chicken Pot Noodles

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## Noodles, Pasta and Rice continued

### 7 Exchanges

1 pot (prepared) Koka Vegetable Pot Noodles

### 7 ½ exchanges

½ pack Amoy Straight to Wok Udon Noodles

### 8 exchanges

1 pot Mug Shot Tomato and Herb Pasta (245g – made up as per instructions)

## Pancakes

### 2 Exchanges

1 Dunnes My Family Favourite Pancake

1 M&S Scotch Pancake

### 2 ½ Exchanges

1 Hovis Scotch Pancake

1 Pat the Baker Pancake

1 Sunblest Pancake

1 Tesco Pancake

### 3 ½ Exchanges

1 Lynchs Large Pancake (Aldi)

### 4 Exchanges

1 Bakers Basket at Dunnes Large Pancake

## Popcorn

### 1 ½ exchanges

1 Propercorn Sweet Coconut and Vanilla (25g)

### 2 exchanges

1 Propercorn Lightly Sea Salted (20g)

1 Propercorn Sweet and Salty (30g)

### 3 Exchanges

1 Manhattan Popcorn bag (30g)

1 Supervalu Salted Popcorn (30g)

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## Potato and Potato Products

### 1 ½ Exchanges

- 1 Aunt Bessie Chunky Croquette
- 1 Birds Eye Potato Waffle
- 1 Green Isle Waffle
- 1 M&S Irish Potato Farl
- 1 Rankin Irish Potato Farl

### 2 Exchanges

- 1 McCain's Roast Potato (80g)

### 2 ½ Exchanges

- 1 pack McCain's Microchips
- 100g McCain Lightly Spiced Wedges (cooked)
- 100g Tesco Potato Wedges
- 100g Green Isle Wicked Wedges
- 1 Tesco Soft Potato Farl

### 3 Exchanges

- 1 pack McCain's Curly Fries

### 3 ½ Exchanges

- 1 McCain's Oven Jacket Potato

## Rashers

### 5 Exchanges

- 1 Ballyfree Turkey Rasher (25g)
- 1 Galtee Value Back Rasher (30g)

### 5 ½ Exchanges

- 1 Denny Traditional Rasher
- 1 Galtee Tendercure Back Rasher (30g)
- 1 Ballyfree Smoked Turkey Rasher (25g)

### 6 Exchanges

- 1 Brannans Smoked Back Bacon Rasher (Aldi)
- 1 Brannans Unsmoked Back Bacon Rasher (Aldi)
- 1 Super Valu Irish Unsmoked Rasher

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## Rashers continued

### 7 Exchanges

- 1 Glensallagh Smoked Rindless Rasher (Lidl)
- 1 Glensallagh Unsmoked Rindless Rasher (Lidl)

## Rice Puddings and Custards

### 2 ½ Exchanges

- 1 Rolo Dessert Pot (70g)
- 1 Aero Mint Chocolate Mousse pot (59g)

### 3 Exchanges

- 1 Aero Bubbly Milk Chocolate Dessert (59g)

### 3 ½ Exchanges

- 1 Ambrosia Banana Flavour Custard pot (120g)
- 1 Ambrosia Chocolate Flavoured Custard pot (120g)
- 1 Ambrosia Devon Custard pot (120g)
- 1 Ambrosia Low Fat Custard pot (120g)
- 1 Ambrosia Rice Chocolate pot (120g)
- 1 Ambrosia Rice Strawberry pot (120g)
- 1 Ambrosia Strawberry Flavour Custard pot (120g)
- 1 Milkybar Dessert Pot (70g)
- 1 Tesco Free From Chocolate Dessert pot (100g)

### 4 Exchanges

- 1 Ambrosia Light Rice pot (115g)
- 1 Ambrosia Rice Pudding pot (120g)
- 1 Alpro Sweet Creamy Caramel Dessert (125g)
- 1 Alpro Velvet Vanilla Soya Dessert (125g)
- 1 Alpro Dark Chocolate Soya Dessert (125g)
- 1 Alpro Silky Smooth Chocolate Dessert (125g)

### 5 Exchanges

- 1 Tesco Custard pot (150g)
- 1 Tesco Low Fat Custard pot (150g)

### 5 ½ Exchanges

- 1 Muller Rice Apple pot (180g)
- 1 Muller Rice Strawberry pot (180g)

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## Rice Puddings and Custards continued

### 6 Exchanges

- 1 Ambrosia Rice Original pot (190g)
- 1 Muller Rice Original pot (180g)
- 1 Muller Rice Vanilla Custard (180g)

## Sausages

### 1 ½ Exchanges

- 1 M&S Cocktail Sausage Roll (14g)

### 3 Exchanges

- 1 Clonakilty Sausage
- 1 Denny Gold Medal Sausage
- 1 Denny Skinless Gold Medal Pork Sausage
- 1 Glensallagh Skinless Pork Sausage (Lidl)
- 1 Super Valu Irish Pork Sausage

### 3 ½ Exchanges

- 1 Brannans Irish Pork Sausage (Aldi)
- 1 Galtee Sausage

### 4 ½ Exchanges

- 1 Glensallagh Jumbo Pork Sausage (Lidl)

### 5 Exchanges

- 1 Ballyfree Turkey Sausage (40g)

### 7 Exchanges

- 1 Glensallagh Premium Pork Sausage (Lidl)

## Soups

### 1 ½ Exchanges

- 100g Avonmore Wholesome Chicken and Veg Soup
- 100g Baxters Italian Tomato & Basil Soup
- 100g Baxters Minestrone Soup
- 100g Deluxe Cream of Mushroom Soup (Lidl)
- 100g Erin Soufulls Farmhouse Vegetables
- 100g Erin Soufulls Tuscan Tomato Pasta
- 100g Fusion and Steet: Marrakech Vegetable, Lentils, Cumin and Ginger Soup
- 100ml Heinz Cream of Chicken Soup

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## Soups continued

### 2 Exchanges

100g Baxters Chicken & Vegetable Soup  
100g Baxters Cream of Chicken Soup  
100g Baxters Hearty Country Vegetable  
100ml Baxters Scotch Broth  
100ml Avonmore Classic Cream of Chicken Fresh Soup  
100g Erin Soupfulls Cream of Chicken  
100g Heinz Oxtail Soup

### 2 ½ Exchanges

½ pot M&S Butternut Squash (300ml)  
200ml Newgate Vegetable Soup (Lidl)  
200ml Fusion and Street Mexican Tomato, Red Bean and Corn Soup  
200ml Erin Soupfulls Minestrone  
100ml Heinz Lentil Soup

### 3 Exchanges

100g Fusion and Street: Bangkok Chicken Soup  
½ pack Knorr Special Recipe Soup Traditional Vegetables  
½ pack Knorr Special Recipe Soup Wild Mushroom  
200ml Newgate Cream of Chicken Soup (Lidl)

### 3 ½ Exchanges

½ pack Knorr Special Recipe Soup Spicy Tomato  
½ pot M&S Super Veg Soup (300ml)

### 4 Exchanges

400g Erin Soupfulls Harvest Vegetables

### 4 ½ Exchanges

1 carton of Cully & Sully Soup Mushroom (400g)  
1 carton of Avonmore Soup Creamy Mushroom (400g)

### 5 Exchanges

½ pot M&S Chestnut Mushroom Soup (300ml)

### 6 ½ Exchanges

½ pot M&S Minestrone Soup (300ml)  
1 carton of Avonmore Soup Chicken and Vegetable (400g)

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## 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 blue scoop Tesco Red Spilt Lentils (40g)

### 4 Exchanges

1 blue scoop Tesco Black Eyed Beans (42g)

## Vegetarian Protein Products

### 3 Exchanges

1 Strong Roots Kale and Quinoa Burger

### 3 ½ Exchanges

1 Quorn Sausage

### 4 Exchanges

1 Tesco Vegetable Quarter Pounder

### 4 ½ Exchanges

1 slice Quorn Smokey Bacon Style (37.5g)

### 5 Exchanges

1 Dee's Spicy Bean Burger

1 Bird's Eye Vegetable Quarter Pounder

### 5 ½ Exchanges

1 Tesco Sweet Potato, Paneer and Spinach Bake

### 6 Exchanges

1 Quorn Hot and Spicy Burger

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## Vegetarian Protein Products continued

### 7 Exchanges

50g Quorn Mince

### 8 Exchanges

1 chicken style Quorn burger (63g)  
1 Linda McCartney Vegetarian Sausage

### 10 Exchanges

1 Tesco Mediterranean Vegetable Pie

### 12 ½ Exchanges

¼ pack of Cauldron Foods Tofu (99g)  
1 Quorn Crispy Fillet

## Yoghurt

### 1 ½ Exchanges

1 Petit Filous Frube (40g)

### 2 Exchanges

1 Benecol Strawberry Yoghurt Drink (67.5g)\*\*  
1 Benecol Blueberry Yoghurt Drink (67.5g)\*\*  
1 Benecol Peach and Apricot Drink (67.5g)\*\*  
1 Benecol Raspberry Yoghurt Drink (67.5g)\*\*  
1 Glenisk Organic Goats Milk Vanilla & Peach yoghurt pot (90g)  
1 Glenisk Organic Goats Milk Strawberry and Raspberry yoghurt pot (90g)  
1 Munch Bunch Squashum Raspberry/Strawberry (60g)  
1 Petit Filous Frube Shot Pouch (70g)

### 2 ½ Exchanges

1 Actimel Fat Free Strawberry bottle (100g) (**not suitable for PKU**)  
1 Actimel Forest Fruit bottle (100g)  
1 Actimel Orange bottle (100g)  
1 Actimel Raspberry bottle (100g)  
1 Actimel Strawberry bottle (100g)  
1 Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana pot (42g)  
1 Munch Bunch Squashum Yoghurt Drink (90g)  
1 Munch Bunch Squashum Raspberry/ Strawberry (60g)  
1 Petit Filous pot (Strawberry/ Raspberry) (47g)  
1 Tesco Cholesterol Reducing Strawberry Flavoured Yoghurt Drink\*\* (100g)  
1 Tesco Cholesterol Reducing Blueberry Flavoured Yoghurt Drink\*\* (100g)

### 3 Exchanges

1 Actimel Original bottle (100g)

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## Yoghurt continued

### 3 Exchanges

- 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 Fromage Frais Strawberry pot (55g)

### 3 ½ Exchanges

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

### 4 Exchanges

- 1 Activa Rhubarb pot (125g)
- 1 Activia Strawberry pot (125g)
- 1 Activia Fig pot (125g)
- 1 Cal In+: Apricot pot (125g)
- 1 Cal In+: Peach pot (125g)
- 1 Cal In+: Strawberry pot (125g)
- 1 Cal In+: Vanilla pot (125g)
- 1 Glenisk Organic Vanilla Kids Yoghurt pot (90g)
- 1 Glenisk Organic Strawberry Kids Yoghurt pot (90g)
- 1 Glenilen Farm Strawberry and Natural Live Yoghurt (125g)
- 1 Glenilen Farm Mango and Passionfruit 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)
- 1 Yoplait Pear Yoghurt pot (125g)
- 1 Yoplait Raspberry Yoghurt pot (125g)
- 1 Yoplait Strawberry Yoghurt pot (125g)

### 4 ½ Exchanges

- 1 Activia Blueberry Pot (125g)
- 1 Activia Cereals pot (120g)
- 1 Activa Fusions – Prune (125g)
- 1 Activa Mango pot (125g)
- 1 Activia Muesli pot (125g)
- 1 Activia Muesli Pot (125g)
- 1 Activia Raspberry and Peach pot (125g)
- 1 Alpro Strawberry and Banana Yoghurt Alternative pot (125g)
- 1 Alpro Peach and Pear Yoghurt Alternative pot (125g)
- 1 Benecol Yogurt Summer Fruits Apricot pot \*\* (120g)
- 1 Benecol Yogurts Summer Fruits Cherry pot\*\* (120g)
- 1 Benecol Yogurts Summer Fruits Raspberry pot\*\* (120g)

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## Yoghurt continued

### 4 ½ Exchanges

- 1 Benecol Yogurts Summer Fruits Strawberry pot\*\* (120g)
- 1 Glenisk Organic Low Fat Vanilla Yogurt (100g)
- 1 Glenilen Farm Raspberry and Natural Live Yoghurt pot (125g)
- 1 Petit Filous Big Pots (85g)
- 1 Yoplait Hazelnut Yoghurt (125g)

### 5 Exchanges

- 1 Activia Natural pot (125g)
- 1 Alpro Simply Plain (125g)
- 1 Glenisk Organic Bio Live No Added Sugar Blueberry (125g)
- 1 Glenisk Organic Bio Live No Added Sugar Raspberry (125g)
- 1 Glenisk Organic Bio Live No Added Sugar Strawberry (125g)
- 1 Munch Bunch Double Up Fromage Frais Strawberry & Banana pot (85g)

### 5 Exchanges

- 1 Munch Bunch Double Up Fromage Frais Strawberry and Vanilla pot (85g)
- 1 Muller Corner Vanilla Choco Balls pot (135g)
- 1 Muller Corner Banana Chocolate Flakes pot (135g)
- 1 Muller Corner Strawberry Shortcake (135g)
- 1 Muller Corner Toffee Hoops (135g)
- 1 Muller Corner Milk Chocolate Digestive (135g)
- 1 Yop Forest Fruit bottle (180g)
- 1 Yop Strawberry bottle (180g)
- 1 Yoplait Natural Yoghurt (125g)

### 5 ½ Exchanges

- 1 Activia Intensely Creamy Greek Style Peach pot (110g)
- 1 Activia Intensely Creamy Greek Style Raspberry pot (110g)
- 1 Activia Intensely Creamy Greek Style Blueberry pot (110g)
- 1 Activia Intensely Creamy Greek Style Cherry pot (110g)
- 1 Glenisk Low Fat Organic Yoghurt Strawberry pot (125g)
- 1 Glenisk Organic Low Fat Blueberry Yogurt (125g)
- 1 Glenisk Organic Low Fat Raspberry Yogurt (125g)
- 1 M&S Simply Kids Organic Yogurt Apricot (100g)
- 1 M&S Simply Kids Organic Yogurt Banana (100g)
- 1 M&S Simply Kids Organic Yogurt Raspberry (100g)
- 1 M&S Simply Kids Organic Yogurt Strawberry (100g)

### 6 Exchanges

- 1 Activia 0% Cherry pot (125g)
- 1 Activia 0% Forest Fruit pot (125g)
- 1 Activia 0% Peach pot (125g)
- 1 Activia 0% Raspberry pot (125g)
- 1 Activia 0% Strawberry pot (125g)
- 1 Activia 0% Vanilla pot (125g)

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## Yoghurt continued

### 6 ½ Exchanges

- 1 Muller Fruit Corner Peach and Apricot pot (150g)
- 1 Muller Fruit Corner Strawberry pot (150g)
- 1 Muller Fruit Corner Cherry (150g)

### 7 Exchanges

- 1 M&S Count on Us Raspberry pot (150g)

***'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

## Nuts, Seeds and Nut Based Products

### 1 ½ Exchanges

- 1 packet Tesco Snacking Raisins and Berries (60g)
- 1 packet Good4u Strawberry and Vanilla Super Bites
- 1 packet Good4u Banana and Cocoa Super Bites

### 3 Exchanges

- 1 tablespoon of Meridian Coconut and Almond Butter (15g)
- 1 Tesco Berry Seed Shot (25g)
- 1 Tesco Spicy Seed Shot (25g)
- 1 Tesco Cranberry and Cashew Snack Pack (50g)
- 1 tablespoon Meridan Smooth Coconut and Almond Butter (15g)
- 1 tablespoon Meridan Cashew Nut Butter (15g)
- ½ snack bag Supervalu Goodness Pecan nuts (35g)
- 1 snack pack Good4u Super Seed Snack Mango and Goji

### 3 ½ Exchanges

- 1 tablespoon of Tesco Smooth Peanut Butter (15g)
- 1 tablespoon of Tesco Crunchy Peanut Butter (15g)
- 1 tablespoon Meridan Smooth Coconut and Peanut Butter (15g)

### 4 Exchanges

- 1 tablespoon of Meridian Almond Butter (15g)
- 1 tablespoon of Maranatha Almond Butter Crunch (15g)
- 1 Tesco Goji and Coconut Seed Shot (25g)
- 1 Tesco Banana and Date Seed Shot (25g)
- 1 blue scoop Supervalu Pine Nuts(30g)
- 1 pack Good4u Super Bites Coconut (40g)
- 1 pack Good4u Super Seed Snack Apple and Cinnamon

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## Nuts, Seeds and Nut Based Products continued

### 4 ½ Exchanges

- 1 tablespoon Meridian Peanut Butter Smooth/Crunchy 100% Nuts (15g)
- 1 pack Good4u Super Seed Snack Cranberry and Apricot (25g)
- 1 pack Good4u Super Bites Banana and Cocoa (40g)
- 1 pack Good4u Super Bites Cocoa and Orange (40g)
- 1 snack pack Tesco Salt and Pepper Nut Mix (55g)

### 5 Exchanges

- 1 tablespoon Tesco Smooth Peanut Butter (20g)
- 1 tablespoon Tesco Crunchy Peanut Butter (20g)
- 1 Good4u Super Seed Snack Bombay Spices (25g)

### 5 ½ Exchanges

- 1 blue scoop Tesco Sesame Seeds (30g)
- 1 pack Good 4u Super Seed Snack Coconut and Berry (25g)

### 6 ½ Exchanges

- 1 snack pack Tesco Fruit Nut and Chocolate Mix (60g)
- 1 Tesco Pea and Bean Seed Shot (25g)
- 1 blue scoop Cashew nuts (35g)
- 1 blue scoop Tesco Chia Seeds (38g)

### 7 Exchanges

- 1 blue scoop Crownfield Milled Linseed (30g)
- 1 blue scoop Harvest Morn Mixed Milled Chia Seeds (30g)

### 7 ½ Exchanges

- 1 blue scoop Sunflower Seeds (35g)
- 1 blue scoop Whole Almonds (35g)

## Miscellaneous

### 1 ½ Exchanges

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

### 2 Exchanges

- 1 Firenze Sweet Waffle (Lidl)
- 1 M&S Beef Dripping Yorkshire pudding

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## Miscellaneous continued

### 2 ½ Exchanges

1 Tesco Sugar Waffle

### 3 Exchanges

1 Tesco Crumpet

### 4 Exchanges

1 Jus Roll Puff Square (78g)

### 5 Exchanges

Tesco Healthy Living Reduced Fat Houmous Stacker-Lemon and Coriander Houmous (70g pot)

### 6 Exchanges

Tesco Healthy Living Reduced Fat Houmous Stacker-Red Pepper Houmous (70g pot)

### 6 ½ Exchanges

Tesco Healthy Living Reduced Fat Houmous Stacker- Plain Houmous (70 g pot )

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