



## **PROTEIN EXCHANGE LIST 2015**

### **1 gram protein list**

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

**NOTE: Information is correct at time of printing. Always remember to check food labels incase any products have changed.**



## BREAKFAST CEREALS

Breakfast Cereal	Grams	Measurements
Harvest Morn Chocolate Pillows	18g	1 level blue scoop
Kelloggs All Bran Branflakes	9g	2 level tablespoons
Kelloggs Cocopops	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 Honey loops	14g	2 level blue scoops
Kelloggs Mini Max	9g	7 pieces
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	14g	2 level blue scoops
Nestle Curiously Cinnamon	18g	2 level blue scoops
Nestle Frosted Shreddies	11g	1 level blue scoop
Nestle Golden Nuggets	13g	1 ½ level blue scoops
Nestle Honey Cheerios	12g	2 level blue scoops
Nestle Honey Shreddies	11g	1 level blue scoop
Nestle Nesquick	13g	1 ½ level blue scoops
Nestle Oat Cheerios	11g	2 level blue scoops
Nestle Shredded Wheat Bitesize	9g	6 pieces
Nestle Shreddies	10g	1 level blue scoop
Oatibix	8g	½ biscuit
Oatibix Flakes	11g	1 level blue scoop
Porridge	9g	2 level tablespoons
Ready Brek	8g	1 level blue scoop
Weetabix	10g	½ biscuit
Weetabix Banana	11g	½ biscuit
Weetabix Chocolate	11g	½ biscuit
Weetabix Chocolate	11g	½ biscuit
Weetabix Crispy Minis Chocolate Chip	10g	4 pieces
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

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## CEREAL BARS



Cereal Bars	Grams	Measurement
Alpen Light Apple & Sultana Cereal Bar	21g	1 bar
Alpen Light Chocolate & Fudge Bar	21g	1 bar
Alpen Light Summer Fruit Cereal Bar		1 bar
Belvita Breakfast Bars-Cranberry	12.5g	1 biscuit
Belvita Breakfast Bars-Crunchy 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 Crispy Slices Apple & Sultana	13g	1 slice
Go Ahead Crispy Slices Orange & Sultana	13g	1 slice
Go Ahead Yogurt Breaks Forest Fruits	18 g	1 slice
Go Ahead Yogurt Breaks Strawberry	18g	1 slice
Harvest Morn Fruit and Grain: Strawberry		1 bar
Kelloggs Rice Krispie Squares Marshmallows	36g	1 bar
Kelloggs Rice Krispies Cereal & Milk 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
McVities Breakfast Porridge Oats Biscuits-Red Berries	12.7g	1 biscuit
Special K Biscuit Moments Strawberry	25g	2 biscuits
Special K Biscuit Moments Blueberry	25g	2 biscuits
Special K Double Chocolate Bar	20g	1 bar
Special K Red Berry	23g	1 bar
Tesco Choco Snaps Cereal Bar	20g	1 bar
Tesco Rice Snaps Cereal Bars	20g	1 bar
Weetabix Milk and Cereal Bar		1 bar
Weetabix Breakfast Biscuit Apple		1 bar

## CHEESE



Cheese	Grams	Measurement
Philadelphia Cream Cheese	18g	1 tablespoon
Philadelphia Garlic & Herbs	15g	1 tablespoon
Philadelphia Light Cream Cheese	14g	1 tablespoon
Philadelphia Lightest Cream Cheese	9g	1 pink scoop
Vbites Blue Style Cheezly	15g	15g
Vbites Cheddar Style Super Melting Cheezly Slices	20g	20g
Vbites Edam Cheezly	20g	20g
Vbites Hard Italian Style Cheezly	25g	25g

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**CHEESE CONTINUED**

<b>Cheese</b>	<b>Grams</b>	<b>Measurement</b>
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

**CRACKERS & RICE CAKES**



<b>Crackers &amp; Rice Cakes</b>	<b>Measurement</b>
Bunalun Chocolate Covered Rice Cake	1 rice cake
Bunalun Corn Cake	2 corn cakes
Bunalun Dark Chocolate and Orange 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 Pepper	1 cracker
Carrs Melts Cheese	2 crackers
Carrs Melts Original	3 crackers
Carrs Table Water Biscuit with Cracked Black Pepper	4 crackers
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
Kelkin Dark Chocolate Rice Cakes	1 rice cake
Kelkin Milk Chocolate Rice Cake	1 rice cake
Kelkin Triple Berry Yoghurt Rice Cakes	1 rice cake
Kelkin Yogurt Rice Cakes	1 rice cake
Kelkin Rice Cakes Salt Free	2 rice cakes
Nairns Cracked Black Pepper Oatcakes	1 oatcake
Nairns Rough Oatcakes	1 oatcake
Ryvita Crackerbread	2 crackers
Ryvita Crackers for Cheese	1 cracker

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**CRACKERS & RICE CAKES CONTINUED**

<b>Crackers &amp; Rice Cakes</b>	<b>Measurement</b>
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 Crispiness	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**



<b>Dairy substitute</b>	<b>Measurement</b>
Alpro Coconut Original	1L
Alpro Rice Original**	1L
Rice Dream + Calcium**	1L
Tesco "Free From" Almond Milk	500ml
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.**

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**FRUIT & VEGETABLES**



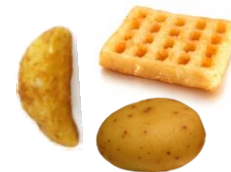
<b>Fruit or Vegetable</b>	<b>Grams</b>	<b>Measurement</b>
Avocado	50g	½ avocado
Baked Beans	20g	1 level tablespoon
Banana		1 medium (>100 g) or 2 small bananas
Butter Beans (drained)	17g	1 tablespoon or 7 butterbeans
Chickpeas (drained)	14g	1 tablespoon or 14 chickpeas
Corn On The Cob		4cm
Kidney Beans	17g	2 heaped teaspoons or 11 kidney beans
Mixed Beans (tinned)	17g	1 heaped tablespoon
Peas	18g	1 ½ level tablespoons
Red Split Lentils (Dried)	4g	1 teaspoon
Sweetcorn	35g	1 level blue scoop

**PANCAKES**



<b>Pancake</b>	<b>Measurement</b>
Tesco Mini Pancakes	1 mini pancake

**POTATO & POTATO PRODUCTS**



<b>Potatoes</b>	<b>Grams</b>	<b>Measurement</b>
Boiled Potato	55g	Small/egg sized potato
Mashed Potato with fat spread/low protein milk	55g	1 level blue scoop
Roast Potato	35g	1 small/egg sized
Chips	45g	6 chips
Wedges	40g	4 wedges
<b>Potato Products</b>		
<i>Croquettes</i>		
Dunnes Croquettes		1 croquette
Green Isle Croquettes		1 ½ croquettes
Tesco Croquettes		1 croquette

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**POTATO & POTATO PRODUCTS CONTINUED**

Potato Products	Grams	Measurement
<i>Hash Browns</i>		
Green Isle Hash Browns		2 hash browns
McCain's Hash Browns		1 hashbrown
<i>Waffles</i>		
Birds Eye Mini Potato Waffles		2 mini waffles
Dunnes Potato Waffles		1 waffle
Tesco Potato Waffles		1 waffle
<i>Others</i>		
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 AND GRAINS**

Pasta, Rice and Grains	Grams	Measurement
Ordinary Pasta UNCOOKED	8g	8 grams
Amoy Straight to Wok RIBBON Rice Noodles	150g	1 pack (150g) (Note: contains 2 packs)
Cous Cous UNCOOKED	11g	1 tablespoon
Boiled White Or Brown Rice COOKED	32g	1 level blue scoop
Tinned Spaghetti In Tomato Sauce	55g	1 level blue scoop
Quinoa UNCOOKED	7g	1 pink scoop



**SPREADS & DIPS**

Spreads	Grams	Measurement
Nutella Hazelnut Chocolate Spread	17g	1 tablespoon
Old El Paso Chunky Guacamole	45g	4 ½ tablespoons

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**VEGETABLE PRODUCTS**



<b>Vegetable Products</b>	<b>Measurement</b>
Birds Eye Vegetable Fingers	1 finger
Birds Eye Vegetable Nuggets	1 nugget
Dunnes Stores Vegetable Spring Rolls	1 roll
Kanpur Gardens Mini Indian Snacks Bhajis	1 bhaji



**MISCELLANEOUS**

<b>Miscellaneous</b>	<b>Measurement</b>
Fruit Bowl Yogurt Raisins	30g
Old El Paso Crunchy Taco Shell	1 ½ shells
Jus Roll Medium Vol Au Vonts	17g vol au vont
Kingsmill Toasting Waffles	1 waffle
Tesco Yogurt Coated Strawberry Fruit Bites	25g

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