

Slightly Higher Exchange List 2015

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

Cereal Bars

1 ½ Exchanges

- 1 Alpen Strawberry & Yogurt Cereal bar
- 1 Belvita Duo Crunch-Strawberry and Yogurt biscuit
- 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 Nutrigrain Crunchy Oat Granola Chocolate bar (20g)
- 1 Kelloggs Nutrigrain Crunchy Oat Granola Honey bars (20g)
- 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 Krispie Squares Totally Chocolatey Mint bar (34g)
- 1 Kelloggs Rice Krispies Squares Honeycomb Crunch bar (32g)
- 1 Kelloggs Rice Krispies Squares Rocky Road bar (34g)
- 1 Nature Valley Crunchy and More- Oats and Berries bar
- 1 Nature Valley Crunchy and More-Oats and Chocolate bar
- 1 Nature Valley Crunchy and More- Oats and Hazelnut bar
- 2 Special K Moments Chocolate biscuits



2 Exchanges

- 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 Elevenses Chocolate Chip Bake (45g)
- 1 Kelloggs Elevenses Ginger Bake (45g)
- 1 Kelloggs Elevenses Raisin Bake (45g)
- 1 Kelloggs Frosties Cereal and Milk bar (25g)
- 1 Nature Valley Crunchy and More- Cinnamon Crunch

2 ½ Exchanges

- 1 Tesco Peanut Munch bar
- Kelkin Little Oaty Bakes Strawberry (25 g pack)

Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Cereal bars continued

3 Exchanges

1 Nature Valley Sweet and Nutty- Almond

4 Exchanges

1 Nature Valley Sweet and Nutty- Peanut bar

Cheese

2 Exchanges

1 Galtee Cheese Singles slice (17g)

1 Laughing Cow Cheese triangle

2 ½ Exchanges

1 Kerri Easi Singles slice (20g)

1 Laughing Cow Light triangle

1 Tesco Cheese Singles slice (20g)

3 Exchanges

1 Laughing Cow Extra Light triangle



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



Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Milk

1 Exchange

30ml Full Fat/Semi-Skimmed/Skimmed Milk



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

Noodles, Pasta & Rice

2 Exchanges

15g of UNCOOKED pasta

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

4 Exchanges

½ pack Erin Savoury Rice- Curry

½ pack Erin Savoury Rice- Mexican

½ pack Erin Savoury Rice- Sweet and Sour

½ pack Uncle Bens Express- Basmati Rice

½ pack Uncle Bens Express- Golden Veg Rice

Pancakes

1 ½ Exchanges

1 Hovis Scotch Pancake

2 Exchanges

1 Dunnes My Family Favourite Pancake

1 Mothers Pride Pancake

1 M&S Scotch Pancake

1 Tesco Chocolate Filled Crepe



Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Pancakes continued

2 ½ Exchanges

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

Popcorn

3 Exchanges

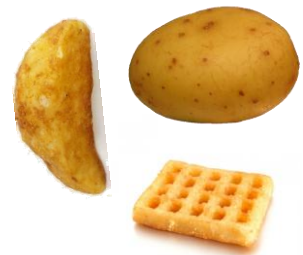
- 1 Manhattan Popcorn bag (30g)



Potato & 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

2 ½ Exchanges

- 1 pack McCain's Microchips
- 1 Tesco Everyday Value Potato Farl
- 1 Tesco Soft Potato Farl

3 ½ Exchanges

- 1 McCain's Oven Jacket Potato

Rice Puddings & Custards

2 ½ Exchanges

1 Aero Bubbly Milk Chocolate Dessert pot (59g)

3 Exchanges

1 Ambrosia Rice Apple pot (120g)
1 Ambrosia Strawberry Flavour Custard pot (120g)



3 ½ Exchanges

1 Ambrosia Banana Flavour Custard pot (120g)
1 Ambrosia Devon Custard pot (120g)
1 Ambrosia Rice Chocolate pot (120g)
1 Ambrosia Rice Strawberry pot (120g)
1 Ambrosia Strawberry Flavour Custard pot (120g)

4 Exchanges

1 Ambrosia Light Rice pot (115g)
1 Ambrosia Rice Apple pot (190g)
1 Ambrosia Rice Pudding pot (120g)

Soups

1 ½ Exchanges

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

2 Exchanges

100g Baxters Chicken & Vegetable Soup
100ml Baxters Scotch Broth

2 ½ Exchanges

½ pot M&S Butternut Squash Soup (300ml)
200ml Newgate Vegetable Soup (Lidl)



Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Soups continued

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)

3 ½ Exchanges

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

Vegetables/ Vegetable Products

1 ½ Exchanges

- 1 Kanpur Gardens Mini Indian Snacks Samosa

3 Exchanges

- 1 M&S Vegetable Crispbake

4 Exchanges

- 1 Tesco Vegetable Quarter Pounder



Yoghurt

2 Exchanges

- 1 Benecol Light Yogurt Drink (67.5g)**
- 1 Benecol Strawberry Yogurt Drink (67.5g)**
- 1 Glenisk Organic Goats Milk Yogurt, Vanilla & Peach pot (90g)
- 1 Petit Filous Frube Shot Pouch (70g)
- 1 Petit Filous Frube (40g)



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

Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Yoghurt continued

2 ½ Exchanges

- 1 bottle Actimel 0 % Fat Strawberry (100g)
- 1 bottle Actimel Forest Fruit (100g)
- 1 bottle Actimel Orange (100g)
- 1 bottle Actimel Raspberry (100g)
- 1 bottle Actimel Strawberry (100g)
- 1 bottle Actimel Strawberry and Banana (100g)
- 1 pot Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana (42g)
- 1 pot Munch Bunch Squashum Raspberry/Strawberry (60g)
- 1 Munch Bunch Squashum Yoghurt Drink (90g)
- 1 Peppa Pig Fromage Frais pot (45g)
- 1 Petit Filous pot (50g)
- 1 Tesco Cholesterol Reducing Strawberry Flavoured Yogurt Drink** (100g)

3 Exchanges

- 1 bottle Actimel 0 % Fat Original (100g)
- 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)

3 ½ Exchanges

- 1 Alpro Soya Blackberry pot (125g)
- 1 Alpro Soya Peach pot (125g)
- 1 Danocol Cholesterol 0%** (100g)
- 1 Glenilen Farm Yummy Yogurts Strawberry pot (85g)
- 1 Milbona Fruit King pot (60g)
- 1 Munch Bunch Jelly Delight pot (85g)
- 1 Tesco Fromage Frais Strawberry pot (55g)

4 Exchanges

- 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 Strawberry Kids Yoghurt pot (90g)
- 1 Yoplait Chocolate Yoghurt pot (125g)
- 1 Yoplait Forest Fruit Yoghurt pot (125g)
- 1 Yoplait Melon & Orange Yoghurt pot (125g) **Not suitable for PKU**
- 1 Yoplait Peach & Raspberry pot (125g) **Not suitable for PKU**
- 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.**

Note: Information is correct at the time of printing. Always remember to check food labels in case products have changed.

Miscellaneous

1 ½ Exchanges

- 1 DS Gluten Free Yorkshire pudding (15.5g)
- 1 McVities Toasting Waffle
- 1 M&S Simply 12 Yorkshire Puddings

2 Exchanges

- 1 M&S Beef Dripping Yorkshire pudding

4 Exchanges

- 1 Jus Roll Puff Square (78g)

