

Super Higher Exchange List 2015

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

Breads

1 Exchange

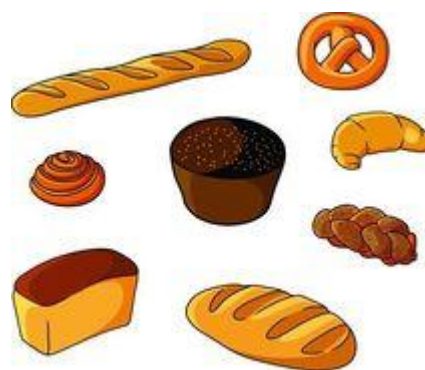
1 Juvela Part Baked Gluten Free Fibre Loaf

2 Exchanges

1 M&S Mini Wholemeal Pitta

2 ½ Exchanges

1 slice Brennans Be Good White Bread
1 slice Brennans Be Good Wholemeal Bread
1 slice Hovis Nimble Wholemeal Bread
1 slice Irish Pride Slimsters



3 Exchanges

1 Bon Appetit French Pain Au Chocolat (Aldi)
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 slice 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

3 ½ Exchanges

1 slice Ballymore Crust Family Pan White (Aldi)
1 slice Brennans Brown & White in One Bite
1 slice Brennans Brown Bread Wholegrain
1 slice Brennans Crunchy Wholemeal with Pumpkin & Poppy Seeds
1 slice Brennans Family Pan Premium White Bread
1 slice Brennans Multiseed Bread
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 slice Irish Pride Sandwich Bread
1 slice Irish Pride White & Wholemeal Sandwich Bread
1 slice Irish Pride Wholegrain Bread
1 Johnston Mooney & O'Brien Chia & Golden Linseed Sandwich Thin
1 Johnston Mooney & O'Brien Goodness of Both Sandwich Thin

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

Breads continued

3 ½ exchanges

- 1 slice Johnston Mooney & O'Briens Butter Krust Family Pan
- 1 slice Johnston Mooney & O'Briens Goodness of Both Bread
- 1 slice Johnston Mooney & O'Briens Toastie
- 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 slice Pat the Baker Thick Sliced Toasty Pan
- 1 Super Valu Butter Croissant
- 1 slice Super Valu White Sliced Bread

4 Exchanges

- 1 slice Ballymore Crust 100% Wholemeal (Aldi)
- 1 slice Brennans 100% Wholemeal Bread
- 1 slice Brennans Be Good Sesame & Linseed Sandwich Breads
- 1 slice 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 slice Dunnes Stores Brown Sliced Pan
- 1 slice Dunnes Stores Wholemeal Sliced Bread
- 1 slice Hovis Best of Both Bread
- 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 slice Johnston Mooney & O'Briens Wholemeal Bread Goodness
- 1 M&S All Butter Croissant
- 1 slice Pat the Baker Multi-Grain Brown Sliced Pan
- 1 Pat the Baker Slimbo Plain
- 1 slice Pat the Baker Wholegrain Bread
- 1 Super Valu 'Free From' White Seeded Roll

4 ½ Exchanges

- 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)

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Breads continued

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 Soft Flour Tortilla Wrap
- 1 Old El Paso Wholewheat 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

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 Wheat Flour Tortilla Wrap
- 1 Tesco Seeded Tortilla Wrap
- 1 Tesco Wholemeal Pitta Bread

6 Exchanges

- 1 slice Brennans Wholegrain Batch
- 1 Country Kitchens Multigrain Wrap
- 1 Dunnes Stores Hot Dog Roll
- 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 Irish Pride Supremes Multiseed Bap
- 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

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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)

3 Exchanges

- 1 Nature Valley Sweet and Nutty- Almond

4 Exchanges

- 1 Nature Valley Sweet and Nutty- Peanut bar

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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

4 ½ Exchanges

- 1 Dairylea Dunkers Jumbo Tub (47g)
- 1 Dairylea Strip Cheese
- 1 Kerry Cheese String (21g)
- 1 Kerry Cheese String Spaghetti (17g)
- 1 Babybel Mini

5 Exchanges

- 1 Avonmore Sliced White Cheddar (20g)
- 1 Babybel Light Mini

5 ½ Exchanges

- 1 LowLow Freshly Sliced Red Cheddar slice (20g)
- 1 LowLow Freshly Sliced White Cheddar slice (20g)
- 1 Peelable Cheese Twirler (21g)

6 ½ Exchanges

- 1 Tesco Edam Cheese slice (25g)



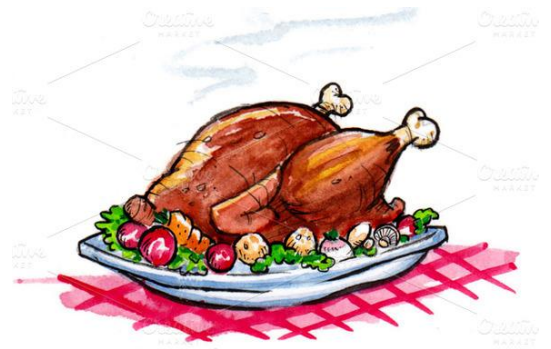
Chicken & Chicken Products

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)



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Chicken & Chicken Products

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)

4 ½ Exchanges

- 1 Dunnes Stores Cooked Chicken Slice (21g)

5 ½ Exchanges

- 1 Tesco Southern Fried Chicken Goujon

6 ½ Exchanges

- 1 Birds Eye Chicken Burger
- 1 Glensallagh Irish Deli Style Turkey Slice (Lidl)

7 Exchanges

- 30g (1oz) of chicken/turkey/duck

Crackers & Rice Cakes

1 ½ Exchanges

- 1 Ryvita Thins Multiseed Cracker
- 1 Walkers Highland Oatcake

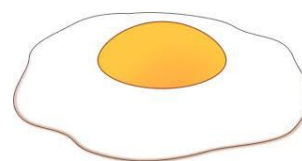


2 Exchanges

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

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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 & 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 Donegal Catch Fish Finger with Extra Omega 3
- 1 Youngs Fish Finger
- 1 Youngs Omega 3 Fish Finger

3 ½ Exchanges

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

4 Exchanges

1 Dunnes Stores My Family Favourites Cod Fish Finger

4 ½ Exchanges

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



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Fish & Fish Products continued

5 Exchanges

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

7 Exchanges

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

Ham

1 ½ 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 slice Super Valu Wafer-Thin Ham

4 Exchanges

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

4 ½ Exchanges

- 1 slice Denny Deli Style Crumbed Ham

5 Exchanges

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

5 ½ Exchanges

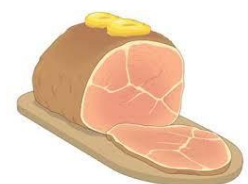
- 1 slice Glensallagh Irish Crumbed Ham Reduced Salt (Lidl)
- 1 slice Glensallagh Irish Traditional Style Honey Roast Ham (Lidl)



Meat

7 Exchanges

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



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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 exchanges

Noodles, Pasta & Rice

2 Exchanges

15 g 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

4 ½ Exchanges

½ pack Super Noodles Chicken
½ pack Super Noodles Curry Flavour
½ pack Uncle Bens Express- Chinese Style Rice
½ pack Uncle Bens Express- Veg Pilau Rice
½ pack Uncle Bens Express- Wholegrain Rice
½ pack Uncle Bens Express- Pilau Rice

5 Exchanges

1 sachet Mug Shot Noodles Spicy Tomato
½ pack Tesco Mediterranean Style Couscous
½ pack Uncle Bens Express- Egg Fried Rice
½ pack Uncle Bens Express- Wholegrain Savoury Chicken

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Noodles, Pasta & Rice continued

6 Exchanges

½ pack Amoy Straight to Wok Medium Noodles (150g)

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



2 ½ Exchanges

1 Pat the Baker Pancake

1 Sunblest Pancake

1 Tesco Pancake

3 ½ Exchanges

1 Lynchs Large Pancake (Aldi)

1 Tesco Large Plain Pancake

4 Exchanges

1 Bakers Basket at Dunnes Large Pancake

Popcorn

3 Exchanges

1 Manhattan Popcorn bag (30g)

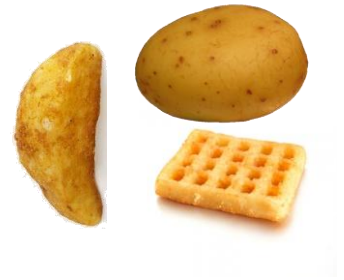


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Potato & Potato Products

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 (80g)

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

Rashers

5 Exchanges

- 1 Ballyfree Turkey Rasher
- 1 Galtee Traditional Rasher

5 ½ Exchanges

- 1 Denny Traditional Rasher
- 1 Galtee Tendercure Back Rasher (30g)

6 Exchanges

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

7 Exchanges

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



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Rice Puddings & Custards

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)

4 ½ Exchanges

- 1 Ambrosia Chocolate Flavour Custard pot (150g)

5 Exchanges

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

5 ½ Exchanges

- 1 Ambrosia Rice Strawberry pot (190g)
- 1 Muller Rice Apple pot (180g)
- 1 Muller Rice Strawberry pot (180g)

6 Exchanges

- 1 Muller Rice Original pot (180g)

6 ½ Exchanges

- 1 Ambrosia Rice Original pot (190g)

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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

7 Exchanges

1 Glensallagh Premium Pork Sausage (Lidl)



Soups

1 ½ Exchanges

100g Baxters Italian Tomato & Basil Soup
100g Baxters Minestrone Soup
100g Deluxe Cream of Mushroom Soup (Lidl)
100g Erin Soupfuls 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 (300ml)
200ml Newgate Vegetable Soup (Lidl)



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Soups continued

3 Exchanges

- 100g Fusion and Street: Bangkok Chicken Soup
- 100g Fusion and Street: Mumbai 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)

5 Exchanges

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

6 ½ Exchanges

- ½ pot M&S Minestrone Soup (300ml)

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

5 Exchanges

- 1 Birds Eye Vegetable Quarter Pounder



Yoghurt

2 Exchanges

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



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Yoghurt continued

2 ½ Exchanges

- 1 Actimel 0 % Fat Strawberry bottle (100g)
- 1 Actimel Forest Fruit bottle (100g)
- 1 Actimel Orange bottle (100g)
- 1 Actimel Raspberry bottle (100g)
- 1 Actimel Strawberry bottle (100g)
- 1 Actimel Strawberry and Banana bottle (100g)
- 1 Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana pot (42g)
- 1 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 Actimel 0 % Fat Original bottle (100g)
- 1 Actimel Original bottle (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)

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Yoghurt continued

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)

4 ½ Exchanges

- 1 Activia Cereals pot (120g)
- 1 Activia Kiwi Fibre pot (120g)
- 1 Activia Natural Yoghurt & Raspberry Layer pot (125g)
- 1 Activia Natural Yoghurt & Prune Layer pot (125g)
- 1 Activia Pineapple & Coconut pot (125g)
- 1 Activia Strawberry 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)
- 1 Benecol Yogurts Summer Fruits Strawberry pot** (120g)
- 1 Glenisk Organic Low Fat Vanilla Yogurt pot (100g)
- 1 Glenisk Organic Vanilla Kids Yoghurt pot (90g)
- 1 Yoplait Hazelnut Yoghurt (125g)

5 Exchanges

- 1 Activia Muesli pot (125g)
- 1 Activia Natural pot (125g)
- 1 Danone Vitalinea Fruit 0 % Strawberry pot (125g)
- 1 Munch Bunch Double Up Fromage Frais Strawberry & Banana pot (85g)
- 1 Petit Filous Big Pot (90g)
- 1 Weightwatchers Citrus Fruit Yogurt Pink Grapefruit pot (120g)
- 1 Weightwatchers Citrus Fruit Yogurt Lemon pot (120g)
- 1 Weightwatchers Citrus Fruit Yogurt Lemon & Lime pot (120g)
- 1 Weightwatchers Citrus Fruit Yogurt Orange & Nectarine pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits- Cherry pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits- Peach pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits Yogurt – Raspberry pot (120g) **Not suitable for PKU**
- 1 Yop Forest Fruit bottle (180g)
- 1 Yop Strawberry bottle (180g)
- 1 Yoplait Natural Yoghurt (125g) **Not suitable for PKU**

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Yoghurt continued

5 ½ Exchanges

- 1 Activia Intensely Creamy Peaches & Cream pot (120g)
- 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 Linessa Fat Free Yoghurt (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)
- 1 Milbona Fruit King Pouch (80g)
- 1 Muller Corner Strawberry Shortcake pot (135g)
- 1 Muller Corner Vanilla Choco Balls pot (135g)
- 1 Weightwatchers Summer Fruits Layered Fromage Frais- Apricot pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits Layered Fromage Frais- Peach pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits Layered Fromage Frais- Raspberry pot (120g) **Not suitable for PKU**
- 1 Weightwatchers Summer Fruits Layered Fromage Frais- Strawberry pot (120g) **Not suitable for PKU**

6 Exchanges

- 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) **Not suitable for PKU**
- 1 Activia 0 % Vanilla pot (125g) **Not suitable for PKU**
- 1 Muller Fruit Corner Peach and Apricot pot (150g)
- 1 Muller Fruit Corner Strawberry pot (150g)

6 ½ Exchanges

- 1 Glenisk Low Fat Organic Yoghurt Natural pot (125g)

7 Exchanges

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

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

4 Exchanges

- 1 Jus Roll Puff Square (78g)

5 ½ Exchanges

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

6 Exchanges

- Tesco Healthy Living Reduced Fat Reduced Fat Hummus Stacker-Sunblush Tomato & Basil Houmous (70 g)

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