**Hooba Foods**

*https://hoobafoods.com/*

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| **Product Name** | **Number of Exchanges** | **Amount of Protein** |
| ***Breakfast Style Sausage***  (1 sausage=50g) | 1 sausage = 1 exchange  2 sausages = 2 ½ exchanges | 1 sausage = 1.15g protein  2 sausages= 2.3g protein |
| ***Cumberland Style Sausage***  (1 sausage=50g) | 1 sausage = 1 exchange  2 sausages =2 ½ exchanges | 1 sausage = 1.15g protein  2 sausages= 2.3g protein |
| ***Apple and Sage Flavour Sausage***  (1 sausage=50g) | 1 sausage = 1 ½ exchanges  2 sausages = 3 exchanges | 1 sausage = 1.5g protein  2 sausages = 3g protein |
| ***Chorizo Flavour Sausage***  (1 sausage=50g) | 1 sausage = 1 ½ exchanges  2 sausages = 3 exchanges | 1 sausage = 1.4g protein  2 sausages = 2.8g protein |
| ***Harissa Style Sausage***  (1 sausage=50g) | 1 sausage = 1 ½ exchanges  2 sausages = 3 ½ exchanges | 1 sausage = 1.7g protein  2 sausages = 3.4g protein |
| ***Hooba Meat-Free Burger*** | 1 burger (125g)= 2 ½ exchanges | 1 burger = 2.6g protein |
| ***Hooba Meat-Free Mince*** | 100g = 2 exchanges | 100g = 2g protein |

***Information obtained from supplier and is correct at time of print. Please always check labels.***