

Slightly Higher Exchange List 2020

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

Cereal Bars

1 Exchange

- 1 Harvest Morn Chewee Cereal Bar: Milk Chocolate Chip (22g)
- 1 Harvest Morn Chewee Cereal Bar: White Chocolate Chip (22g)

1 ½ Exchanges

- 1 Alpen Strawberry & Yogurt Cereal bar
- 1 Harvest Morn Fruit and Grain: Apples bar
- 1 Kelloggs Frosties Cereal and Milk bar (25g)
- 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 Rocky Road bar (34g)
- 1 Nature Valley Crunchy and More- Oats and Berries bar (1/2 pack)
- 1 Special K Biscuit Moments Double Chocolate bar (25g) (2 biscuits)
- 1 Special K with Belgian Milk Chocolate bar (20g)
- 1 Special K Red Berry bar (21.5g)
- Special K Biscuit Moments Cherry bar (25g)

2 Exchanges

- 1 Nakd Banana Bread Bar (35g) (1/2 pack)
- 1 Nature Valley Crunchy and More- Oats and Hazelnut bar (1/2 pack)
- 1 Nature Valley Crunchy Oat and Honey (1/2 pack)
- 1 Nature Valley Crunchy – Canadian Maple Syrup (1/2 pack)
- 1 Belvita Duo Crunch-Strawberry and Yogurt biscuit
- 1 Belvita Yogurt Crunch-Creamy Yogurt biscuit
- 1 Belvita Yogurt Crunch-Honey and Yogurt biscuit
- 1 Harvest Morn Cranberry bar (31g)
- Harvest Morn Fruit and Fibre Cereal bar (31g)
- 1 Kelloggs Chocolate Chip Breakfast Bake (45g)

Cereal Bars (Continued)

2 Exchanges

- 1 Kelloggs Ginger Breakfast Bake (45g)
- 1 Kelloggs Raisin Breakfast Bake (45g)
- 1 Nakd Apple Pie Bar (35g)
- 1 Nakd Berry Cheeky Bar (30g)
- Nature Valley Crunchy and More-Oats and Dark Chocolate bar (1/2 pack)
- 1 Organix Blackcurrant Soft Oaty Bar (30g)
- 1 Organix Strawberry and Apple Soft Oaty Bar (30g)
- 1 Organix Apple and Orange Soft Oaty Bar (30g)
- 1 Organix Raspberry and Apple Soft Oaty Bar (30g)

2 ½ Exchanges

- 1 Tesco Peanut Munch bar
- 1 Kelkin The Natural Biscuit Co. Little Oaty Bakes Strawberry (25 g pack)
- 1 Kelkin The Natural Biscuit Co. Little Oaty Bakes Apple (25g pack)
- 1 Kelloggs Nutrigrain Crunchy Oat Granola Honey bars (20g)

3 Exchanges

- 1 Nature Valley Sweet and Nutty- Almond

4 Exchanges

- 1 Nature Valley Sweet and Nutty- Peanut

Cheese

2 Exchanges

- Galtee Cheese Singles slice (17g)
- 1 Laughing Cow Original Cheese triangle

2½ Exchanges

- 1 Golden Vale Easi Singles slice (20g)
- 1 Laughing Cow Light triangle
- 1 Tesco Cheesy Slice (20g)
- 1 Tesco Everyday Value Cheese Singles (17g)
- 1 Laughing Cow Extra Light triangle (17.5g)

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Crackers

1 ½ Exchanges

Ryvita Thins Multiseed Cracker 1 Walkers Highland Oatcake

2 Exchanges

1 Jacobs Crispbread-Wholewheat

1 Jacobs Crispbread-Sesame

Milk

1 Exchange

30ml Full Fat/Semi-Skimmed/Skimmed/ Lactose Free Milk 1 glass Alpro Almond Milk Original/Original Fresh (200ml)

1 glass Alpro Almond Milk Unroasted & Unsweetened (200ml)

1 glass Alpro Almond Milk Unsweetened & Fresh/Unsweetened (200ml) 1 glass Alpro Cashew Milk Original (200ml)

1 glass Alpro Hazelnut Milk Original (200ml)

½ glass Oatly Oat Drink (100ml)

1.5 Exchange

1 glass of Alpro Almond Milk Dark Chocolate (200ml)

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

Noodles & Pasta

2 Exchanges

16g of UNCOOKED pasta
blue scoop of Tesco Quinoa cooked (40g)
100g Heinz Alphabetti in Tomato Sauce
100g Heinz Hoops in Tomato Sauce

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 Pure Basmati Rice
½ pack Uncle Bens Express - Long Grain Rice

4 Exchanges

½ pack Erin Savoury Rice- Curry
½ pack Uncle Bens Express- Basmati Rice
½ pack Uncle Bens Express- Golden Veg Rice
½ pack Tilda Steamed Brown Basmati Rice
100g Uncle Bens Risotto – Italian Herb

4 ½ Exchanges

½ pack Erin Savoury Rice- Mexican

Pancakes

2 Exchanges

1 Dunnes My Family Favourite Pancake
1 M&S Scotch Pancake
Connell Bakery Buttermilk Pancakes
1 Hovis Scotch Pancake

2 ½ Exchanges

1 Sunblest Pancake
1 Tesco Pancake

3 Exchanges

1 Pat the Baker Pancake

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Popcorn

1 ½ Exchanges

Propercorn Sweet and Salty (30g)

2 Exchanges

Propercorn Sweet Coconut and Vanilla

2 ½ Exchanges

Propercorn Lightly Sea Salted (30g)

3 Exchanges

1 Manhattan Popcorn bag (30g)

1 Supervalu Salted Popcorn bag (30g)

Potato & Potato Products

1 Exchange

1 Tesco Potato Waffle

1 ½ Exchanges

1 Aunt Bessie Chunky Croquette

1 Birds Eye Potato Waffle

1 Green Isle Potato Waffle

1 M&S Irish Potato Farl

Rankin Irish Potato Farl

2 Exchanges

McCain's Roast Potato (80g)

2 ½ Exchanges

1 pack McCain's Microchips

3 ½ Exchanges

1 Tesco Soft Potato Farl

McCain's Oven Jacket Potato

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Rice Pudding and Custard

2 ½ Exchanges

- 100g Tesco Ready to Serve Low Fat Custard
- 1 Rolo Dessert Pot (70g)

3 Exchanges

- 1 Aero Mint Chocolate Mousse pot (59g)
- 1 Aero Bubbly Milk Chocolate Dessert pot (59g)
- 100g Tesco Everyday Value Rice Pudding

3 ½ Exchanges

- 1 Ambrosia Banana Flavour Custard pot (120g)
- 1 Ambrosia Chocolate Flavour Custard pot (120g)
- 1 Ambrosia Devon Custard pot (120g)
- 1 Ambrosia Low Fat Custard pot (125g)
- 1 Ambrosia Strawberry Flavour Custard pot (120g)
- 1 Tesco Free From Chocolate Dessert Pot (100g)

4 Exchanges

- 1 Alpro Velvety Vanilla Soya Dessert Pot (125g)
- 1 Alpro Dark Chocolate Soya Dessert Pot (125g)
- 1 Alpro Silky Smooth Chocolate Dessert Pot (125g)
- 1 Alpro Sweet Creamy Caramel Dessert Pot (125g)
- 1 Ambrosia Light Rice pot (115g)
- 1 Ambrosia Rice Pudding pot (120g)
- 1 Cadbury Flake Pot (90g)

Sauces

1 Exchange

100g Meridan Korma Sauce

1 ½ Exchanges

½ pack Amoy Black Bean Stir Fry Sauce (60g)

½ pack Amy Hoi Sin Stir Fry Sauce

100ml Amoy Dark Soy Sauce

100g Sharwoods Hoisin Marinade

100g Insanely Good Bombay Curry Sauce

100g Insanely Good Fruity Curry Sauce

100g Kanpur Garden Jalfrezi Sauce (Lidl)

100g Kanpur Garden Tikka Masala Sauce (Lidl)

100g Llyod Grossman Balti Curry Sauce

100g M&S Balti

100g M&S Madras

100g M&S Rogan Josh

100g Pataks Mild Kormas Sauce

100g Pataks Tikka Masala Sauce

100g Uncle Bens Tikka Masala Medium

100g Green Saffron Medium Curry Sauce

100g Green Saffron Jalfrezi Cook in Sauce

2 Exchanges

100ml Amoy Light Soy Sauce

100g Blue Dragon Black Bean Stir Fry Sauce

100g Harvest Kitchen Curry Sauce (Aldi)

100g Sharwoods Stir Fry Black Bean Sauce

100g M&S Tikka Masala Paste

100g Green Saffron Mild Curry Sauce

100g Sharwoods Korma Sauce

3 Exchanges

100g Pataks Korma Paste

100g Pataks Tikka Masala Paste

3 ½ Exchanges

100g Pataks Rogan Josh Paste

½ jar Tesco Finest Korma Cooking Sauce

4 Exchanges

100g Pataks Madras Paste

100g Pataks Mild Curry Paste

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Soups

½ Exchange

1 carton Cully & Sully Soup Honey, Carrot and Coriander (400g)

1 Exchange

100g Avonmore Vine Ripened Tomato and Basil Soup

100g Baxters Country Garden Soup

100g Baxters Cream of Tomato Soup

100g Erin Soupfuls Harvest Vegetables

½ Exchanges

100g Baxters Italian Tomato & Basil Soup

100g Baxters Minestrone Soup

100g Deluxe Cream of Mushroom Soup (Lidl)

190ml Knorr Quick Soup Oxtail

100g Weight Watchers Chicken Soup

100g Baxters Cream of Mushroom Soup

2 Exchanges

100ml Baxters Scotch Broth

2 ½ Exchanges

100g Baxters Cream of Chicken Soup

200ml Newgate Vegetable Soup (Lidl)

1 carton of Cully & Sully Vegetable Soup (400g)

3 Exchanges

100g Baxters Chicken & Vegetable Soup

½ pack Knorr Special Recipe Soup Traditional Vegetables

½ pack Knorr Special Recipe Soup Wild Mushroom

200ml Newgate Cream of Chicken Soup (Lidl)

1 carton of Cully & Sully Soup Squash'ed Veggie (400g)

1 carton of Cully & Sully Soup White Winter Vegetable (400g)

3 ½ Exchanges

1 carton of Cully & Sully Soup Creamy Tomato & Basil (400g)

1 carton of Avonmore Soup Farmer's Choice Mixed Vegetable (400g) 1 carton of Avonmore Soup Potato and Leek (400g)

1 carton of Avonmore Farmers Choice Mixed Vegetable Soup (400g)

4 Exchanges

1 carton Avonmore Soup Vine Tomato and Basil (400g)

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Vegetable and Vegetable Products

1 ½ Exchanges

Kanpur Gardens Mini Indian Snacks Samosa

2 Exchanges

1 Cauldron Foods Falafel

3 Exchanges

1 M&S Vegetable Crispbake

3 ½ Exchanges

1 Quorn Sausage

4 Exchanges

1 Tesco Vegetable Quarter Pounder

4 ½ Exchanges

1 Strong Roots Kale and Quinoa Burger

Yoghurt

1 ½ Exchanges

Petit Filous Frube (40g)

2 Exchanges

1 Benecol Light Yogurt Drink (67.5g)**

1 Benecol Blueberry Drink (67.5g)*

1 Benecol Strawberry Yogurt Drink (67.5g)**

1 Benecol Peach and Apricot Drink (67.5g)*

1 Benecol Raspberry Yoghurt Drink (67.5g)*

1 Glenisk Organic Goats Milk Yogurt, Vanilla & Peach pot (90g)

2 ½ Exchanges

1 Frubes Yogurt tube strawberry & raspberry (70g)

1 bottle Actimel Raspberry (100g)

1 Glenisk Go-Yos strawberry/ peach & raspberry tube (40g)

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Yoghurt (continued)

2 ½ Exchanges

- 1 pot Munch Bunch Fromage Frais Peach Apricot/Apple Pear/Strawberry Banana (42g)
- 1 pot Munch Bunch Fromage Frais Reduced Sugar
- 1 pot Munch Bunch Squashum Raspberry/Strawberry (60g)
- 1 Munch Bunch Squashum Yoghurt Drink (90g)
- 1 Petit Filous pot (47g)
- 1 bottle Actimel Raspberry (100g)

3 Exchanges

- 1 Tesco Cholesterol Reducing Strawberry Flavoured Yogurt Drink** (100g)
- 1 bottle Actimel Original (100g)
- 1 Tesco Goodness Fromage Frais Strawberry and Banana (50g)
- 1 bottle Actimel Strawberry (100g)
- 1 bottle Actimel Forest Fruit (100g)
- 1 Cal In+: Vanilla pot (125g)
- 1 Cal In+: Strawberry pot (125g)

3 ½ Exchanges

- 1 Petit Filous Frube Shot Pouch (70g)
- 1 Alpro Soya Blackberry pot (125g)
- 1 Alpro Soya Peach pot (125g)
- 100g Alpro Strawberry
- 1 Munch Bunch Jelly Delight pot (85g)

4 Exchanges

- 100g Alpro Vanilla
- 100g Alpro Blueberry
- 1 Activia Rhubarb yoghurt pot (125g)
- 1 Activia Strawberry yoghurt pot (125g)
- 100g Alpro Plain with Almond
- 100g Alpro Plain with Coconut
- 100g Alpro Simply Plain
- 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 Cal In+: Apricot pot (125g)
- 1 Cal In+: Cherry pot (125g)

Yoghurt (continued)

4 Exchanges

- 1 Glenilen Farm Strawberry and Natural live yoghurt pot (125g)
- 1 Yoplait Chocolate Yoghurt pot (125g)
- 1 Yoplait Forest Fruit Yoghurt pot (125g)

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- 1 Yoplait Melon & Orange Yoghurt pot (125g)
- 1 Yoplait Peach and Strawberry pot (125g) *Not suitable for PKU*
- 1 Yoplait Pear Yoghurt pot (125g) *Not suitable for PKU*
- 1 Yoplait Strawberry Yoghurt pot (125g)

5 Exchanges

- 1 Glenilen Farm Mango and Passionfruit 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.

Miscellaneous

1 ½ Exchanges

1 McVities Toasting Waffle
M&S Simply 12 Yorkshire Puddings

2 Exchanges

M&S Beef Dripping Yorkshire pudding

3 Exchanges

1 Tesco Sugar Waffle

3 ½ Exchanges

1 Tesco Crumpet

4 ½ Exchanges

1 Jus Roll Puff Square (78g)

Author: Metabolic Dietitians Version: 4

Approval date: June 2020 Review date May 2021

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