## Low Protein Crisps

Aldi


Snackrite Satin Crunch Thai Sweet Chilli/ Cheese \& Onion $1 \times 20 \mathrm{~g}$ bag = Free, $2 \times 20 \mathrm{~g}$ bags = $1 / 2$ exchange

Snackrite Melts $1 \times$ bag = $1 / 2$ exchange

Snackrite Hoops $1 \times 25 \mathrm{~g}$ bag $=1$ exchange
Snackrite Crunch Delight Cheese \& Onion $1 \times 20 \mathrm{~g}$ bag = 1 exchange


Snackrite Cheese Puffs $1 \times 18 \mathrm{~g}$ bag $=1$ exchange
Snackrite Spuddy's Salt \& Vinegar/Smokey Bacon (Variety Pack) $1 \times 25 \mathrm{~g}$ bag = 1 exchange
Snackrite Spuddy's Cheese \& Onion $1 \times 25 \mathrm{~g}$ bag $=1.5$ exchanges
Snackrite Okey Dokeys Salt \& Vinegar (variety pack) $1 \times 25 \mathrm{~g}$ bag = 1 exchange
Snackrite Okey Dokeys Cheese \& Onion $1 \times 25 \mathrm{~g}$ bag = 1.5 exchanges


Snackrite Stackers Original/ BBQ/ Salt \& Vinegar/ Sour Cream \& Onion 30g = 1 exchange


Passions Lentil Curl Thai Sweet Chilli $1 \times 20 \mathrm{~g}$ bag $=2$ exchanges
Passions Lentil Curl Sour Cream \& Onion 1x 20g bag = 2 exchanges
Snackrite Cinema Style Handcooked Salted Popcorn $1 \times 20 \mathrm{~g}$ bag $=2$ exchanges

Velvet Crunch


Velvet Crunch Salt \& Vinegar $1 \times 20 \mathrm{~g}$ bag $=$ free, $2 \times$ bags $=1 / 2$ exchange
Velvet Crunch Thai Sweet Chilli $1 \times 20 \mathrm{~g}$ bag $=$ free, $2 \times$ bags $=1 / 2$ exchange
Velvet Crunch Cheddar Cheese and Onion $1 \times 20 \mathrm{~g}$ bag $=1 / 2$ exchange

## Tayto



Tayto Snax/ Tatyo Skips $1 \times 17 \mathrm{~g}$ bag $=1 / 2$ exchange
Tatyo Treble Crunch Salt \& Vinegar $1 \times 20 \mathrm{~g}$ bag $=1 / 2$ exchange
Tatyo Treble Crunch Chedder \& Spring Onion $1 \times 20 \mathrm{~g}$ bag = 1 exchange


Tayto Meanies/ Chickatees/ Cheesatees $1 \times 17 \mathrm{~g}$ bag $=1$ exchange
Tayto Rancheros $1 \times 20 \mathrm{~g}$ bag = 1 exchange


Tayto Salted/ Salt \& Vinegar $1 \times 25 \mathrm{~g}$ bag = 1 exchange
Tayto Cheese \& Onion/ Smokey Bacon (from Variety pack) $1 \times 25 \mathrm{~g}$ bag = 1.5 exchanges


Tayto Chipsticks $1 \times 28 \mathrm{~g}$ bag $=1.5$ exchanges
Tayto Waffles/ Mighty Munch $1 \times 26 \mathrm{~g}$ bag = 1.5 exchanges

Walkers


Walkers Quavers $1 \times 16 \mathrm{~g}$ bag = $1 / 2$ exchange
Walkers Wotsits $1 \times 16.5 \mathrm{~g}$ bag $=1$ exchange
Walkers Monster Munch Pickled Onion $1 \times 22 \mathrm{~g}$ bag = 1 exchange
Walkers Ready Salted/ Oven baked Ready Salted $1 \times 25 \mathrm{~g}$ bag $=1.5$ exchanges

## Metabolic.ie

National Centre for Inherited Metabolic Disordery


Walkers Cheese \& Onion/ Oven Baked Cheese \& Onion $1 \times 25 \mathrm{~g}$ bag = 1.5 exchanges Walkers Salt \& Vinegar/ Oven Baked Salt \& Vinegar $1 \times 25 \mathrm{~g}$ bag $=1.5$ exchanges


Walkers Prawn Cocktail/ Oven Baked Prawn Cocktail/
Oven baked Sour Cream \& Chive $1 \times 25 \mathrm{~g}$ bag = 1.5 exchanges
Walkers Sunbites Sweet Chilli $1 \times 25 \mathrm{~g}$ bag $=2$ exchanges

## Tesco



Tesco Bunny Bites $1 \times 19 \mathrm{~g}$ bag $=1 / 2$ exchange
Tesco Salt \& Vinegar $1 \times 25 \mathrm{~g}$ bag = 1 exchange, 2 bags $=2.5$ exchanges
Tesco Cheese \& Onion/ Ready Salted $1 \times 25 \mathrm{~g}$ bag $=1.5$ exchanges


## Pombear Originals $1 \times 13 \mathrm{~g}$ bag $=1 / 2$ exchange

Hula Hoops Original/ Cheese \& Onion/ BBQ Beef 1 x 24 g bag = 1 exchange


Pringles Original/ Sour Cream \& Onion, Salt \& Vinegar/ Cheese \& Onion/ Texas BBQ Sauce/ Prawn Cocktail 30 g portion $=1$ exchange


Kings Cheese \& Onion $1 \times 25 \mathrm{~g}$ bag $=1.5$ exchanges
Manhatten Popcorn $1 \times 15 \mathrm{~g}$ bag $=1.5$ exchanges

Information correct at time of printing and is based on multipack size bags. Always check the label as ingredients can change

