



Children's Health Ireland  
at Temple Street

# Metabolic.ie

National Centre for Inherited Metabolic Disorders

# 1 gram Protein Exchange List 2021

**Each of the Following in the Amount Stated  
= 1 Exchange**

**Note: Information correct at time of printing.**

**Always remember to read the label in case products have changed.**

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## Breads/Rolls/Wraps

Breads	Grams	Measurements
Tesco Free From Sliced White Bread	16.5g	1/2 slice
Tesco Free From Seeded Sliced Bread	33g	1 slice
Tesco 4 Free From White Bagels	30g	1/2 bagel
Genius Gluten Free Toastie	33g	2 slices
Genius Soft white farmhouse	99g	2 slices
Genius Gluten Free Spicy Loaf	29g	1 slice
Kelkin Free From White Bread	30g	1 slice
Kelkin Free From Brown	30g	1 slice
Juvela Fibre Sliced Loaf	29g	1 slice
Promise GF soft white loaf	60g	1 1/2 slices
Promise GF soft white rolls	50g roll	1 roll

Breads	Grams	Measurements
Tesco free from plain white bagels	1/2 bagel	1/2 bagel
Schär GF white loaf	50g	2 slices
Schär GF seeded loaf	25g	1 slice
Schär GF brown loaf	25g	1 slice
B-free small stone bake GF pitta bread	32g	1 pitta pocket
Kelkin Gluten free white wraps	42g	1 wrap
Old El Paso Regular Gluten Free Tortilla	36g	1 tortilla

# Breakfast Cereals

Breakfast Cereal	Grams	Measurements
Kelloggs Cornflakes	14g	2 level blue scoops
Kelloggs Rice Krispies	17g	3 level blue scoops
Nestle Go Free Cornflakes	13g	2 level blue scoops
Nestle Oat Low Sugar Cheerios	11g	2 level blue scoops
Nestle Shredded Wheat Bitesize	9g	6 pieces
Oatibix	8g	$\frac{1}{3}$ biscuit
Porridge	10g (dry)	1 heaped tablespoon (dry)
Ready Brek	8g	2 level tablespoons
Weetabix	10g	$\frac{1}{2}$ biscuit
Weetabix Organic	10g	$\frac{1}{2}$ biscuit
Kelkin GF Buckwheat flakes	12g	1 blue scoop
All bran	7g	1 1/2 tablespoons

## Rice Cakes and Oat Cakes

Crackers and Rice Cakes	Measurements
Bunalun Organic Corn Cake	2 corn cakes
Bunalun Organic Unsalted Rice Cakes	2 rice cakes
Bunalun Organic Salted Rice Cakes	2 rice cakes
Kelkin Plain Salt Free Rice Cakes	2 rice cakes
Kelkin Rice Cakes Salt Free	2 rice cakes
Tesco Lightly Salted Rice Cakes	2 rice cakes
Tesco Scottish Oatcakes	1 oatcake
Jacobs Rice Cakes Natural	2 rice cakes
Nairns Cracked Black Pepper Oatcakes	1 oatcake
Nairns Rough Oatcakes	1 oatcake
Nairns fine oatcakes	1 oatcake
Nairns GF cheese oatcakes	1 oatcake
Kelkin buckwheat chia corn cake	2 corn cakes
Kelkin dark chocolate corn cake	1 corn cake

## Crackers

Crackers and Rice Cakes	Measurements
Carrs Cream Crackers	1 cracker
Carrs Flatbread Mixed Seed Cracker	1 cracker
Carrs Flatbread Salt and Cracked Black Pepper	1 cracker
Carrs Flatbread Garlic and Herb	1 cracker
Carrs Melts Original	3 crackers
Carrs Table Water Biscuits	3 biscuits
Carrs Large Table water biscuits	1 biscuit
Carrs Table Water Biscuit with Cracked Black Pepper	4 crackers
Carrs Ancient Grains Quinoa Rosemary	2 crackers
Carrs Ancient Grains Spelt Sesame	2 crackers
Carrs Ciabatta	1 cracker
Carrs Ciabatta Sun Dried Tomato and Basil	1 cracker
Cracottes Original	1 cracker

Crackers and Rice Cakes	Measurements
Jacobs Cream Crackers	1 cracker
Jacobs Mediterranean Lightly Salted	1 ½ crackers
Jacobs Mediterranean Tomato and Basil	1 ½ crackers
Jacobs Mediterranean Olive Oil and Oregano	1 ½ crackers
Jacobs Snapwheat Crackers	1 cracker
Juvela Gluten Free Crackers	10 crackers
Juvela Gluten Free Crispbread	2 crispbreads
Ryvita Dark Rye	1 cracker
Ryvita Deli Cracked Black Pepper	1 cracker
Ryvita Original Crispbread	1 cracker
Tesco High Baked Water Biscuits	2 biscuits
Gourmet Sodabread Toasts: Multiseed	3 toasts
Schar Grissini breadsticks	5 breadsticks



## Dairy Substitutes

Milk	Measurements
Alpro Coconut Original	1L
Alpro Hazelnut Original	300ml
Alpro Oat Original	400ml
Alpro Roasted Almond Unsweetened	300ml
Alpro Coconut Almond	400ml
Alpro Hazelnut milk	250ml
Oatly Oat Drink	100ml
Alpro Rice Original**	1L
Rice Dream + Calcium**	1L
Rude Health Almond Drink	500ml
Rude Health Coconut Drink	1L
Rude Health Brown Rice Drink**	1L
Rude Health Oat Drink	120ml
Tesco "Free From" Almond Milk	200ml
Bunalun Organic Almond Drink	100ml

**\*\* Rice milk is not suitable in those < 5 years of age and pregnant and lactating**

Milk	Measurements
Acti-leaf Oat drink (Aldi)	250ml
Acti-leaf Almond drink (Aldi)	200ml
Just free Organic Almond drink sweetened	200ml
Just free Organic Oat drink unsweetened (lidl)	200ml
Flahavans vitamin rich Oat drink	150ml
Yogurt	Measurements
Koko Dairy Free Original Plain Yogurt Alternative	200g
Yoplait Dairy free Strawberry Coconut Based Yoghurt	200g (2 pots) (1 pot=1/2 exchange)
Just free coconut yoghurt (Lidl)	250g 2 pots (1 pot=1/2 exchange)
The coconut collaborative natural yoghurt	100g
The coconut collaborative vanilla yoghurt	100g
The coconut collaborative natural oat yoghurt	100g
The coconut collaborative Mango and passion fruit/blueberry/Raspberry coconut yoghurt	100g
Yakult Original	1 x 65ml bottle
Yakult Light	1 x 65ml bottle

Cheese	Grams	Measurements
Philadelphia Cream Cheese	20g	2 white scoops
Vbites Blue Style Cheezly	16g	16g
Vbites Cheddar Style Super Melting Cheezly Slices	20g	20g
Vbites Edam Cheezly	20g	20g
Vbites Hard Italian Style Cheezly	28g	28g
Vbites Soya Free Cheezly	20g	20g
Vbites White Cheddar Style Cheezly	30g	30g
Vbites Pepperjack Style Cheezly	20g	20g
Vbites Red Cheddar Style Cheezly	30g	30g
Vbites Mozzarella Style Cheezly Slices	20g	20g

## Fruit and Vegetables

Fruit or Vegetable	Grams	Measurements
Avocado PKU	75g	½ avocado
HCU	50g	⅓ avocado
MSUD	75g	½ avocado
All Others	50g	⅓ avocado
Baby Corn	85g	5 baby corn
Baked Beans	20g	1 level tablespoon
Broad Beans	30g	10 broad beans
Butterbeans (drained)	17g	1 tablespoon or 7 butterbeans
Chickpeas (drained)	15g	1 heaped tablespoon or 15 chickpeas
Corn On The Cob		4cm
Kidney Beans	15g	1 heaped tablespoon or 12 kidney beans
Mixed Beans (tinned)	17g	1 heaped tablespoon
Peas	20g	2 level tablespoons
Red Split Lentils (Dried)	4g	1 teaspoon
Sweetcorn	35g	1 level blue scoop
Cool Beans (Chilli/ Original)	24g	1 tablespoon

## Potato and Potato Products

Potato		Measurements
Baked Potato	PKU	80g*
	HCU	80g*
	MSUD	80g*
	All Others	60g*
Boiled Potato or Mashed Potato with fat spread/low protein milk	PKU	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	HCU	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	MSUD	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	All Others	60g or 1 blue scoop*
Roast Potato	PKU	60g*
	HCU	60g*
	MSUD	60g*
	All Others	40g*
Chips /Fries/Wedges**	PKU	45g*
	HCU	45g*
	MSUD	45g*
	All Others	35g*

\*cooked weight

\*\* For chips/fries/wedges that contain protein containing ingredients such as milk or flour coating, **count the protein content as per the nutritional label.**

100 g ÷ protein content per 100 g = amount that equals 1 exchange

<b>Croquettes</b>		
Dunnes Croquettes		1 croquette
Green Isle Croquettes		1 ½ croquettes
Tesco Croquettes		1 croquette
<b>Waffles</b>		
Birds Eye Mini Potato Waffles		2 mini waffles
Birds eye Sweet potato waffles		1 waffle
Dunnes Potato Waffles		1 waffle
Tesco Potato Waffles		1 waffle

## Pasta, Rice and Grains

Pasta, Rice & Grains	Grams	Measurements
Ordinary Pasta UNCOOKED	8g	6 pieces of penne/fusilli
Ordinary Pasta COOKED	20g	6 pieces of penne/fusilli
Amoy Straight to Wok RIBBON Rice Noodles	150g	1 pack (Note: contains 2 packs)
Couscous UNCOOKED	8g	1 level tablespoon
Couscous COOKED	26g	1 blue scoop
Boiled White Or Brown Rice UNCOOKED	13	1 tablespoon
Boiled White Or Brown Rice COOKED	32g	1 blue scoop
Tinned Spaghetti In Tomato Sauce	60g	1 blue scoop
Quinoa UNCOOKED	7g	1 heaped teaspoon
Quinoa COOKED	23g	1 blue scoop



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