

Low Protein Manufactured Foods List 2022

(Free from protein unless stated otherwise)

The traffic light colours beside each food are to show if the item is **high**, **medium** or **low** when compared against the Irish Heart Foundation guidelines for sugar, saturated fat and salt per 100g of prepared product. Please speak to your dietitian for further guidance on choosing a balanced selection of low protein foods.

Staple foods:

Milk Drink				
Vitaflo	Prozero 250ml	18 x 250ml		GMS: 81195
	Prozero 1 litre	6 x 1litre		GMS: 81283
Nutricia	Duocal Powder	400g		GMS: 84913
Nutricia	Loprofin PKU Milk (count as exchanges)	24 x 200ml		GMS: 81175
Taranis	Dalia Liquid Milk(may need to count as exchanges)	24 x 200ml		GMS: 81484
	Dalia Powdered Milk	400g		GMS: 85073
Nutricia	Sno-Pro Milk (may need to count as exchanges)	27 x 200ml		GMS: 83771
Bread				
Firstplay Dietary Foods	Promin Fresh Bread	4 x 800g		GMS:81504
Juvela	Juvela Low Protein Loaf	400g		GMS: 81256
	Juvela Low Protein Rolls	350g		GMS: 81826
Vitaflo	Mevalia Pan Carré Low Protein white sliced bread	2x 200g		GMS: 81327
Flour Mixes				
Juvela	Juvela Low Protein Mix	500g		GMS: 81390
PK Foods	PK Foods Four Mix	750g		GMS: 81096
Fate	Fate All Purpose Flour Mix	2 x 250g		GMS: 81299
Firstplay Dietary Foods	Promin All Purpose Baking Mix (may need to count as exchanges)	1000g		GMS:82701
Firstplay Dietary Foods	Promin Potato Cake Mix (count as exchanges)	300g		GMS:82707
Nutricia	Loprofin Mix	500g		GMS: 81819
Taranis	Taranis Pancake and Waffle Mix	300g		GMS: 85096
Crackers				
Nutricia	Loprofin Plain Crackers	150g		GMS: 81205
	Loprofin Herb Crackers	150g		GMS: 81205
Taranis	French Toast/Rusks (Biscottes)	4 x 62.5g		GMS: 85089
Vitaflo	Choices Mini Crackers	15 x 40g		GMS: 59112
Egg Replacer				
PK Foods	PK Foods Egg Replacer	200g		GMS: 81102
Taranis	Taranis Egg Substitute	250g		Purchase*
Nutricia	Loprofin Egg Replacer	2 x 250g		GMS: 81672
	Loprofin Egg White Replacer	100g		GMS: 81684

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

Pizza bases				
VitaFlo	Mevalia Low Protein Pizza bases (Count as exchanges)	2 x150g		GMS: 81324
Pasta and Rice				
Firstplay Dietary Foods	Promin Low Protein Alphabets	500g		GMS: 81120
	Promin Low Protein Alphabets - Tricolour	500g		GMS: 81322
	Promin Low Protein Elbows	500g		GMS: 81120
	Promin Low Protein Elbows - Tricolour	500g		GMS: 81322
	Promin Low Protein Shells	500g		GMS: 81120
	Promin Low Protein Shells - Tricolour	500g		GMS: 81322
	Promin Low Protein Spirals	500g		GMS: 81120
	Promin Low Protein Spirals - Tricolour	500g		GMS: 81322
	Promin Low Protein Flat Noodles	500g		GMS: 81381
	Promin Low Protein CousCous	500g		GMS: 81201
Firstplay Dietary Foods	Promin Low Protein Lasagne Sheets	200g		GMS: 81062
	Promin Low Protein Macaroni	500g		GMS: 81063
	Promin Low Protein Short Cut Spaghetti	500g		GMS: 83020
	Promin Low Protein Pastameal	500g		GMS: 82724
	Promin Low Protein Rice	500g		GMS: 83330
	Promin Plus Low Protein Flat Noodles	500g		GMS: 81381
	Promin Plus Low Protein Macaroni	500g		Purchase*
	Promin Plus Low Protein Spaghetti	500g		Purchase*
	Promin Plus Low Protein Spirals	500g		Purchase*
Nutricia	Loprofin Rice	500g		GMS: 81016
	Loprofin Animal Pasta	500g		GMS: 83018
	Loprofin Lasagne	250g		GMS: 81113
	Loprofin Long Spaghetti	500g		GMS: 83020
	Loprofin Macaroni	250g		81063
	Loprofin Fusilli	500g		GMS: 83019
	Loprofin Penne	500g		GMS: 83007
	Loprofin Tagliatelle	250g		81069
PK Foods	PK Foods Pasta Spirals	250g		GMS: 81088
VitaFlo	Mevalia Low Protein Fusilli	500g		GMS: 81326
Sauce				
Firstplay Dietary Foods	Promin Low Protein Cheese Sauce Mix (count as exchanges)	225g		Purchase*
Taranis	Taranis Cheese Flavour Sauce Mix	200g		Purchase*
Cheese Substitute				
Taranis	Taranis Cheese Substitute	6 x 20g		Purchase*
Mash				
Firstplay Dietary Foods	Promin Instant Mash Potato Mix	300g		GMS: 82706

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Foods suitable for children aged 3 and over due to their salt content:

Meat and Fish Substitutes				
Firstplay Dietary Foods	Promin Burger Mix – Original Flavour (count as exchanges)	4 x 62g		GMS: 82702
	Promin Burger Mix – Beef (count as exchanges)	4 x 62g		GMS: 82703
	Promin Burger Mix – Chilli (count as exchanges)	4 x 62g		GMS: 82705
	Promin Burger Mix – Chicken (count as exchanges)	4 x 62g		GMS: 82704
	Promin Burger Mix - Lamb and Mint (count as exchanges)	4 x 62g		GMS: 81072
	Promin Sausage Mix – Original (may need to count as exchanges)	4 x 30g		GMS: 81385
	Promin Sausage Mix - Apple and Sage (may need to count as exchanges)	4 x 30g		GMS: 81385
	Promin Sausage Mix - Tomato and Basil (may need to count as exchanges)	4 x 30g		GMS: 81385
VitaFlo	Mevalia Low protein hamburger meat substitute (may need to count as exchanges)	350g		GMS: 81321
Taranis	Taranis Low Protein Fish Substitute (count as exchanges)	4 x 62g		Purchase*

Sometimes Foods:

If used, we recommend a maximum of 1-2 per week as part of a healthy diet.

Breakfast/Cereals				
Firstplay Dietary Foods	Promin Hot Breakfast - Original	6 x 56g		GMS: 81018
	Promin Hot Breakfast - Apple and Cinnamon	6 x 57g		GMS: 81018
	Promin Hot Breakfast - Banana	6 x 57g		GMS: 81018
	Promin Hot Breakfast - Chocolate	6 x 57g		GMS: 81018
	Promin Breakfast Bars -Apple and Cinnamon	6 x 40g		Purchase*
	Promin Breakfast Bars -Banana	6 x 40g		Purchase*
	Promin Breakfast Bars -Chocolate and Cranberry	6 x 40g		Purchase*
	Promin Breakfast Bars -Cranberry	6 x 40g		Purchase*
	Promin Cereal – Chocolate	340g		GMS:81333
	Promin Cereal - Banana	340g		GMS:81333
Nutricia	Loprofin Cereal Loops	375g		GMS: 81098
	Loprofin Breakfast Flakes - Strawberry	375g		GMS: 81098
	Loprofin Breakfast Flakes - Chocolate	375g		GMS: 81098
Pasta in Sauce Meals				
Firstplay Dietary Foods	Promin Pasta Spirals in Tomato, Pepper and Herb Sauce (count as exchanges)	4 x 72g		GMS: 83036
	Promin Pasta Elbows in Cheese and Broccoli Sauce (may need to count as exchanges)	4 x 66g		GMS: 81243
	Promin Pasta Shells in Moroccan Sauce (count as exchanges)	4 x 72g		GMS: 81274

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Pot Meals				
Firstplay Dietary Foods	ProminMacpot - Macaroni Cheese (may need to count as exchanges)	4 x 61g		Purchase*
	ProminMacpot - Tomato Macaroni (may need to count as exchanges)	4 x 61g		Purchase*
	Promin Potato Pot -Cabbage, Bacon and Croutons (count as exchanges)	4 x 50g		Purchase*
	Promin Potato Pot -Onion and Croutons (count as exchanges)	4 x 50g		Purchase*
	Promin Potato Pot -Sausage and Croutons (count as exchanges)	4 x 50g		Purchase*
	ProminXpot - All Day Scramble (may need to count as exchanges)	4 x 60g		Purchase*
	ProminXpot - Beef and Tomato (may need to count as exchanges)	4 x 60g		Purchase*
	ProminXpot - Rogan Style Curry (may need to count as exchanges)	4 x 60g		Purchase*
	ProminXpot - Chip Shop Curry (may need to count as exchanges)	4 x 60g		Purchase*
Risotto Meals				
Taranis	Taranis Risotto	4 x 300g		GMS: 85105
Soup				
Firstplay Dietary Foods	Promin Low Protein Soup - Creamy Tomato with Croutons (count as exchanges)	4 x 23g		Purchase*
	Promin Low Protein Soup - Creamy Chicken with Croutons (count as exchanges)	4 x 28g		Purchase*
	Promin Low Protein Soup – Minestrone with Croutons (count as exchanges)	4 x 28g		Purchase*
	Promin Low Protein Soup - Pea and Mint with Croutons (count as exchanges)	4 x 23g		Purchase*
Biscuits				
Taranis	Taranis Raspberry Shortbread	4 x 30g		GMS: 85084
	Taranis Shortbread	4 x 30g		GMS: 85084
	Taranis Biscuits with Caramel Shards	4 x 32.5g		GMS: 85085
VitaFlo	MevaliaFruit bar	5x 25g		GMS: 81325
Cake and Cake Mix				
Fate	Fate Low Protein Chocolate Cake Mix	2 x 250g		GMS: 81299
	Fate Low Protein Cake Mix	2 x 250g		GMS: 81299
Nutricia	Loprofin Chocolate Cake Mix	500g		GMS: 81819
Taranis	Taranis Natural Cake Mix	300g		GMS: 85088
	Taranis Low Protein Cakes - Lemon	6 x 40g		GMS: 85087
	Taranis Low Protein Cakes - Pear	6 x 40g		GMS: 85087
Chocolate				
VitaFlo	Vitabite Low Protein Chocolate Bar	7 x 25g		GMS: 81735








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Crisps				
Firstplay Dietary Foods	Promin Low Protein Snax - Jalapeno	12 x 25g		Purchase*
	Promin Low Protein Snax - Cheese and Onion	12 x 25g		Purchase*
	Promin Low Protein Snax - Salt and Vinegar	12 x 25g		Purchase*
	Promin Low Protein Snax - Ready Salted	12 x 25g		Purchase*
Desserts				
Firstplay Dietary Foods	Promin Low Protein Rice Pudding - Apple	4 x 69g		GMS: 81074
	Promin Low Protein Rice Pudding – Strawberry <i>(may need to count exchanges)</i>	4 x 69g		GMS: 81074
	Promin Low Protein Dessert - Chocolate and Banana	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Custard	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Caramel	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Strawberry and Vanilla	6 x 36.5g		GMS: 83037
	Promin Low Protein Rice Pudding - Original	4 x 69g		GMS: 81074
	Promin Low Protein Rice Pudding - Banana	4 x 69g		GMS: 81074
Taranis	Taranis Pause Dessert – Caramel <i>(high kcal)</i>	4 x 125g		Available for individual reimbursement on a patient specific basis through the hardship scheme
	Taranis Pause Dessert – Strawberry <i>(high kcal)</i>	4 x 125g		Available for individual reimbursement on a patient specific basis through the hardship scheme
Taranis	Taranis Dessert Drinks - Strawberry	400g		Purchase*
	Taranis Dessert Drinks - Vanilla	400g		Purchase*
	Taranis Cocoa and Vanilla Dessert <i>(may need to count exchanges)</i>	5 x 19g		Purchase*
Spread				
Taranis	Taranis Hazelnut Flavour Spread	230g		GMS: 85101

Some additional foods are available from PK Foods using the long term illness card. For patients without this card a separate form needs completing. Please check their website to see what's currently available

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If your chemist has problems getting any product, please contact the relevant company or distributor using the following details.

Manufacturer	Contact	Distributor	Phone Numbers
PK Foods 	Ellis ellis@glutenfree-foods.co.uk	All Phar	01-4041600
Fate 	Eileen Green Phone: (UK) 00441384233775	All Phar	01-4041600
Juvela 	Phone: 1800 405090 Info@juvela.co.uk lowprotein@juvela.co.uk	United Drug	01-4632300 or 01-4598877
Nutricia 	Aideen Ryan (REP) aideen.ryan@nutricia.com 0863855725 Catherine Costello (REP) 0871438613 Phone: 1800 923535 metabolic@nutricia.com	United Drug	01-4632300 or 01-4598877
Promin/ FirstplayDietaryFoods 	Phone: (UK) 0044161 4804602 katya.sheridan@firstplaydf.com www.prominpku.com	Biofact www.biofact.ie	01-6012544
Taranis / Lactalis Nutrition 	Rachel Zatti Phone: (France) 0299 49 20 89 Rachel.Zatti@lactalis.fr	Biofact www.biofact.ie	01-6012544
VitaFlo 	Laoise Fitzgerald (REP) Laoise.Fitzgerald@VitaFlo.ie 0833543379 Claire Quinn Hawkins (REP) 0838016652 clairequinn@vitaFlo.ie 0838016652 metabolics@vitaFlo.ie	All Phar	01-4041600

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Manufactured Low Protein Foods that Contain Exchanges

PKU:

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton	½ exchange
Mevalia Low Protein Pizza bases	1 pizza base	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	1 exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	1 exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Instant Mash Potato Mix	1 serving 28g dry mix	1 exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Promin Low Protein Potato Cake Mix	1 potato cake	½ exchange
Snopro milk	<200ml	free
	250ml	½ exchange
	450ml	1 exchange
Taranis Dalia Liquid Milk	< 300 ml	free
	350 ml	½ exchange
	650ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	½ exchange

HCU:

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton	½ exchange
Mevalia Low Protein Pizza bases	1 pizza base	1 ½ exchange
Mevalia Low protein hamburger meat substitute	1 serving 35g dry mix	1 exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	½ exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	½ exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Instant Mash Potato Mix	1 serving 28g dry mix	½ exchange

**Can be purchased directly from chemist, distributor or First Play Dietary Foods.*

HCU Continued

Item	Quantity	No. of Exchanges
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	1 potato cake	½ exchange
Snopro milk	< 150 ml	free
	200 ml	½ exchange
	400 ml	1 exchange
Taranis Dalia Liquid Milk	< 200 ml	free
	200 ml	½ exchange
	400ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	½ exchange

MSUD:

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton (200 ml)	½ exchange
Mevalia Low Protein Pizza bases	1 pizza base	½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 sachet	½ exchange
Promin Low Protein Instant Mash Potato Mix	1 pot	½ exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 serving 28g dry mix	½ exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 200 ml	free
	200ml	½ exchange
Taranis Dalia Liquid Milk	325ml	1 exchange
	< 250 ml	free
	300 ml	½ exchange
Taranis Fish Substitute	600 ml	1 exchange
	30 g portion made to instructions	½ exchange

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All Other Protein Disorders:

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	1 carton (200 ml)	1 exchange
Loprofin Cake Mix-Chocolate made according to instructions	50 g slice	½ exchange
Mevalia Low Protein Pizza bases	1 pizza base	1 ½ exchange
Mevalia Low protein hamburger meat substitute	1 serving 35g dry mix	1exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 ½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 exchange
Promin Low Protein Cheese Sauce Mix	30 g serving	1 exchange
Promin Low Protein Instant Soup-Creamy Chicken Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Creamy Tomato Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Minestrone Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Pea & Mint Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Mac Pot-Macaroni Cheese	1 pot	½ exchange
Promin Low Protein Mac Pot-Tomato Macaroni	1 pot	½ exchange
Promin Low Protein Pasta & Potato Starch Shapes in Cheese & Broccoli Flavour Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Pasta & Potato Starch Shapes in a Moroccan Flavour Sauce	1 sachet	1 exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Instant Mash Potato Mix	1 serving 28g dry mix	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Rice Pudding-Strawberry	1 sachet	½exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Promin Low Protein Xpot-All Day Scramble	1 pot	½ exchange
Promin Low Protein Xpot-Beef & Tomato flavour	1 pot	½ exchange
Promin Low Protein Xpot-Chip Shop Curry	1 pot	½ exchange
Promin Low Protein Xpot-Rogan Style Curry	1 pot	1 exchange
Promin Low Protein Potato Cake Mix	1 cake	½ exchange
Snopro milk	< 200 ml	free
	250 ml	½ exchange
	500 ml	1 exchange
Taranis Fish Substitute	30 g portion made to instructions	1 exchange
Taranis Vanilla-Cocoa Dessert Pudding	1 sachet	½ exchange
Taranis Dessert Drink Strawberry Flavour	20 g portion	½ exchange

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All Other Protein Disorders continued:

Item	Quantity	No. of Exchanges
Taranis Dessert Drink Vanilla Flavour	20 g portion	½ exchange
Taranis Dalia Liquid Milk	< 150 ml	free
	200 ml	½ exchange
Taranis Dalia Powdered Milk	< 150 ml	free
	200 ml	½ exchange
	400ml	1 exchange

Produced by NCIMD, Children's Health Ireland at Temple Street

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