

## Slightly Higher Exchange List 2023

### Vegetables & Vegetable Products

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Strong Roots Cauliflower Hash Brown	2 hash browns (80g oven cooked)
	Strong Roots Veggie Nuggets	3 nuggets (54g oven cooked)
<b>2 Exchanges</b>	Cauldron Middle Eastern Falafel	1 falafel
	Clover & Greene Falafel	2 falafels (30g)
<b>3 Exchanges</b>	Strong Roots Spinach Bites	3 bites (66g oven cooked)
	Strong Roots Spinach & Pumpkin Burger	1 burger (75g oven cooked)
	Gosh Moroccan Falafel	2 falafels (2 x 22g falafel)
	Gosh Sweet Potato Pakora	2 pakoras ( 2 x 22g pakora)
	Tesco Red Split Lentils	1 blue scoop (42g)
<b>3 ½ Exchanges</b>	Gosh Mediterranean Falafel	2 falafels (2 x 22g falafel)
<b>4 Exchanges</b>	Strong Roots Kale and Quinoa Burger	1 burger (75g oven cooked)
	Glas Garden Vegetable Burger	1 burger (120g as sold)
	Glas Curried Cauliflower Burger	1 burger (120g as sold)
	Tesco Vegetarian Quarter Pounder	1 quarter pounder (106g)
	Tesco Black Eyed Beans	1 blue scoop (42g)

## Potato & Potato Products

Exchanges	Product	Amount
1 ½ Exchanges	Aunt Bessie Crunchy Homestyle Croquette	1 croquette
	Birds Eye Potato Waffle	1 waffle
	Green Isle Potato Waffle	1 waffle
	M&S Potato Farl	1 farl
	Rankin Potato Farl	1 farl
2 Exchanges	McCain's Roast Potato	1 potato (80g)
2 ½ Exchanges	McCain Microchips	1 pack
3 ½ Exchanges	McCain's Oven Jacket Potato	1 potato

## Noodles, Pasta & Rice

Exchanges	Product	Amount
2 Exchanges	UNCOOKED Pasta	16g
	Tesco Quinoa	40g (cooked)
	Heinz Alphabetti in Tomato Sauce	100g
	Heinz Hoops in Tomato Sauce	100g
2 ½ Exchanges	Amoy Straight to Wok Rice Noodles	½ pack (150g)
	Ben's Original Wholegrain/Brown Basmati Microwavable Rice	½ pack (125g)
3 ½ Exchanges	Heinz Hoops Snap Pot	1 pot (190g)
	Tilda Steamed Wholegrain Basmati Rice	½ pack (125g)
	Tilda Steamed White Basmati Rice	½ Pack (125g)
	Ben's Express – Long Grain Rice	½ pack (125g)
4 Exchanges	Tilda Wholegrain Basmati & Wild Basmati Rice	½ pack (125g)
	Ben's Original Golden Vegetable Microwave Rice	½ pack (125g)

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## Popcorn & Lentil Chips

Exchanges	Product	Amount
1 ½ Exchanges	Propercorn Sweet and Salty Popcorn	1 pack (30g)
	Propercorn Sea Salted Popcorn	1 pack (20g)
2 Exchanges	Propercorn Sea Salt Lentil Chips	1 pack (20g)
	Propercorn Barbeque Lentil Chips	1 pack (20g)
	Tesco Lentil Curls	1 pack (20g)
	Tesco Sour Cream & Chive Lentil Curls	1 pack (20g)
2 ½ Exchanges	Keogh's Irish Atlantic Sea Salt Popcorn	1 pack (30g)
	Tayto Sour Cream & Onion Lentil Chips	1 pack (20g)
3 Exchanges	Manhattan Salted Popcorn	1 pack (30g)
	Tayto Cheese & Onion Lentil Chips	1 pack (20g)

## Pancakes

Exchanges	Product	Amount
1 ½ Exchange	Dunnes Stores Pancakes	1 pancake
2 Exchanges	Hovis Scotch Pancakes	1 pancake
	M&S Scotch Pancakes	1 pancake
	Connell Bakery Pancakes	1 pancake
2 ½ Exchanges	Tesco Pancakes (Small)	1 pancake
	Sunblest Pancakes	1 pancake
	Genius Gluten Free Pancakes	2 pancakes
3 Exchanges	Pat the Baker Pancakes	1 pancake
4 Exchanges	McCloskey's Large Pancakes	1 pancake
	Dunnes Stores Bakery Large Pancakes	1 pancake

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## Cereal Bars

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Kellogg's Nutrigrain Morning Bar Apple/ Blackberry & Apple/ Blueberry/ Strawberry	1 bar (37g)
	Kelloggs Rice Krispie Squares Chocolate and Caramel bar/ Totally Chocolaty bar/ Rocky Road bar	1 bar (37g)
	Special K Biscuit Moments Double Chocolate/ Cherry bar	2 biscuits (25g)
	Special K with Belgian Milk Chocolate bar	1 bar (20g)
	Special K Red Berry bar	1 bar (21.5g)
	Alpen Strawberry & Yogurt Cereal bar	1 bar
<b>2 Exchanges</b>	Nakd Banana Bread Bar	(35g) (1/2 pack)
	Nature Valley Crunchy and More- Oats and Hazelnut bar/Oat and Honey/ Canadian Maple Syrup	(1/2 pack)
	Belvita Duo Crunch-Strawberry and Yogurt biscuit	1 biscuit
	Belvita Yogurt Crunch-Creamy Yogurt /Honey & Yogurt biscuit	1 biscuit
	Harvest Morn Cranberry bar	1 bar (31g)
	Harvest Morn Fruit and Fibre Cereal bar	1 bar (31g)
	Kelloggs Ginger/Raisin Breakfast Bake	1 bar (45g)
	Nakd Apple Pie Bar	1 bar (35g)
	Nakd Berry Cheeky Bar	1 bar (30g)
	Organix Blackcurrant/ Strawberry & Apple/ Apple & Orange/ Raspberry & Apple Soft Oaty Bar	1 bar (30g)
Nature Valley Crunchy & More – Oats & Dark Chocolate Bar	½ pack	
<b>3 Exchanges</b>	Nature Valley Sweet and Nutty- Almond	1 bar
<b>4 Exchanges</b>	Nature Valley Sweet and Nutty- Peanut	1 bar

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## Crackers

Exchanges	Product	Amount
<b>1 ½</b> Exchange	Ryvita Multigrain/Sesame Seed Rye Bread	1 crisp bread
	Ryvita Fruit Crunch Crisp Bread	1 crisp bread
	Pagen Wholegrain Krisprolls	1 Krisproll
	Ryvita Multiseed/3 Cheese Thins	1 cracker
<b>2</b> Exchanges	Ryvita Pumpkin Seed & Oat Crisp Bread	1 crisp bread
<b>3 ½</b> Exchanges	Jacobs Crisp Toast Multigrain/Sesame	1 snack pack (20g)

## Breads

Exchanges	Product	Amount
<b>1 ½</b> Exchanges	Kelkin Gluten Free Multiseed Bread	1 slice
	Tesco Free From White Tortilla Wraps	1 wrap (40g)
	Tesco Free From Sliced White Bread	1 slice (37g)
<b>2</b> Exchanges	M&S Mini Wholemeal Pitta	1 pitta
	Kelkin Gluten Free White Bread	1 slice (50g)
	BFree Multigrain Wrap	1 wrap (42g)
	BFree Soft White Sandwich Loaf	1 slice (30g)
	BFree Stone Baked Pitta Bread	1 pitta (55g)
<b>2 ½</b> Exchanges	Brennan's Be Good White/Brown/Wholemeal Bread	1 slice
	Hovis Nimble Wholemeal Bread	1 slice
	Bfree Sweet Potato Gluten Free Wrap	1 wrap (42g)
	Bfree Gluten Free Naan Bread	1 serving (60g)
	Tesco Free From Sliced Seeded Bread	1 slice (37g)
<b>3</b> Exchanges	Kelkin Gluten Free Multiseed Sourdough Bread	1 slice
	Bfree Wholegrain Gluten Free Pitta Bread	1 pitta (55g)
<b>3 ½</b> Exchanges	Brennan's Brown & White in one bite	1 slice (38g)

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## Breads (contd.)

Exchanges	Product	Amount
4 Exchanges	Ballymore Crust 100% Wholemeal (Aldi)	1 slice
	Connell Bakery White/Wholemeal Half Slice Pan (Lidl)	1 slice
	Connell Bakery Multiseed Sandwich Slim (Lidl)	1 slim
	Brennan's Be Good Wholemeal/Multiseed Sandwich Breads	1 sandwich bread
	Brennan's Wholemeal Bread	1 slice
	Hovis Wholemeal Bread	1 slice
	Irish Pride Healthy Grain Bread	1 slice
	Irish Pride Slimsters Square	1 square
	Irish Pride Wholemeal Sandwich Bread	1 sandwich
	Johnston Mooney & O' Brien Multiseed Sandwich Thins	1 sandwich
	Pat the Baker Multi-Grain Brown Sliced Pan	1 slice
	Pat the Baker Slimbo Plain White	1 sandwich
	Pat the Baker Wholegrain Bread	1 slice
	Dunnes Stores Wholemeal Brown Sliced Bread	1 slice
	Fitzgerald's Multiseed & Cereal Pitta Bread	1 pitta
Country Kitchen Kids Wrap	1 wrap	

## Cheese

Exchanges	Product	Amount
2 Exchanges	Galtee Cheese Singles	1 slice (17g)
	Laughing Cow Original Cheese triangle	1 triangle
2 ½ Exchanges	Golden Vale Easi Singles slice	1 slice (20g)
	Laughing Cow <b>Light</b> Cheese Triangle	1 triangle
	Tesco Cheesy Slice	1 slice (20g)
	Tesco Everyday Value Cheese Singles	1 slice (17g)
	Laughing Cow <b>Extra Light</b> Triangle	1 triangle (17.5g)
3 ½ Exchanges	Laughing Cow Dip & Crunch Original	Per tub (35g)
4 Exchanges	Dairy Lee Dunkers Jumbo Tubes Snacks	1 tub (41g)

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## Yoghurts

Exchanges	Product	Amount
1 ½ Exchanges	Yoplait Frube	1 tube (40g)
	Munch Bunch Squashums Strawberry/Raspberry	60g
2 Exchanges	Benecol Light*	1 bottle (67.5g)
	Benecol Yoghurt Drink (all flavours)*	1 bottle (67.5g)
	Glenisk Organic Goats Milk Yoghurt (Vanilla & Peach)	1 pot (90g)
2 ½ Exchanges	Glenisk Organic Kids Vanilla/Strawberry/Banana/Apricot Yoghurt	1 pot (90g)
	Actimel Fat Free Raspberry/Strawberry	1 pot (100g)
	Munch Bunch Fromage Frais (All Flavours/Reduced Sugar)	1 pot (42g)
	Tesco Cholesterol Lowering Yoghurt Drink (Strawberry/Blueberry)*	1 bottle (100g)
	Petiti Filous Fromage Frais	1 small pot (47g)
3 Exchanges	Actimel Original/Strawberry/Multifruit	1 bottle (100g)
	Petit Filous Peach/Strawberry Drinking Yogurt	1 bottle (100g)
	Petit Filous Vitamin Rich Strawberry & Beetroot/Apricot, Peach & Carrot	1 bottle (100g)
3 ½ Exchanges	Alpro Soya Blackberry/Peach pot	1 pot (125g)
	Alpro Strawberry	100g
4 Exchanges	Alpro Vanilla/Blueberry	100g
	1 Activia Rhubarb/Strawberry yoghurt	1 pot (125g)
	Alpro Simply Plain	100g
	Alpro Plain with Almond/Coconut	100g
	1 Glenisk Organic Baby Fromage Frais Apple & Pear/ Peach & Banana/ Strawberry & Apple	1 pot (60g)
	Petit Filous No Added Sugar Strawberry Banana Fromage Frais	1 small pot (47g)
	Glenilen Farm Live Kids Yogurt Strawberry	1 pot (90g)
	Yoplait Strawberry/Raspberry/Blueberry Yogurt	1 pot (125g)

*\*These products are not recommended for those under 5 years of age, pregnant and lactating women.*

## Milk

See '1g Protein Exchange Booklet' for quantities. Note: 30mls of cow's milk = 1 ex. Milks can be added to food/low protein milk to boost exchanges if struggling to meet full exchanges.

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## Rice Puddings & Custards

Exchanges	Product	Amount
<b>2 Exchanges</b>	Ambrosia Mini Custard 30% Less Sugar	1 pot (33g)
	Ambrosia Low Fat Custard	1 pot (125g)
	Heinz Banana Custard	1 pot (100g)
	Avonmore Fresh Luxury Custard	75g
<b>3 Exchanges</b>	Tesco Custard (Normal/Reduced Fat)	125g
	Tesco Rice Pudding (Normal/Reduced Fat)	100g
	Alpro Vanilla Custard	100g
<b>3 ½ Exchanges</b>	Ambrosia Devon Custard	1 pot (125g)
	Bird's Ready to Serve Custard	125g
<b>4 Exchanges</b>	Alpro Soya Dessert (Vanilla/Chocolate/Dark Chocolate/Caramel)	1 pot (125g)
	Ambrosia Rice Pudding	1 pot (125g)
	Ambrosia Devon Custard Strawberry	1 pot (150g)

## Nuts, Seeds & Nut Based Products

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Good4u Strawberry/ Apple & Blackcurrant/Banana Nutri Balls	1 packet (20g)
<b>3 Exchanges</b>	Meridian Coconut & Almond Butter	1 tablespoon (15g)
	Tesco Berry Seed Shot	1 pouch (25g)
	Tesco Spicy Seed Shot	1 pouch (25g)
	Tesco Cranberry & Cashew Snack Pack	1 pack (50g)
	Meridian Smooth Coconut and Almond Butter	1 tablespoon (15g)
	Meridian Cashew Nut Butter	1 tablespoon (15g)
	Graze Snack Pack Smokey BBQ	1 snack pack (31g)
<b>3 ½ Exchanges</b>	Tesco Smooth/Crunchy Peanut Butter	1 tablespoon (15g)
	Meridian Smooth Coconut and Peanut Butter	1 tablespoon (15g)
	Good4u Super Bites Cocoa & Orange	1 pack (40g)
<b>4 Exchanges</b>	Meridian Almond Butter	1 tablespoon (15g)
	Maranatha Almond Butter Crunch	1 tablespoon (15g)
	Tesco Goji and Coconut Seed Shot	1 pouch (25g)
	Tesco Banana Date Seed Shot	1 pouch (25g)
	Supervalu Pine Nuts	1 blue scoop (30g)

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	Good4u Super Bites Coconut	1 pack (40g)
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## Fish & Fish Products

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Birds Eye Crispy Fish Bites	1 bite
<b>2 Exchanges</b>	Young's Flipper Dippers	1 dipper
<b>2 ½ Exchanges</b>	Birds Eye Fish Nuggets	1 nugget
<b>3 Exchanges</b>	Birds Eye Crispy Batter Fish Fingers	1 fish finger
	Young's Fish Fingers/Omega 3 Fish Fingers	1 fish finger
<b>3 ½ Exchanges</b>	Birds Eye Fish Fingers/Omega 3 Fish Fingers	1 fish finger
	Donegal Catch Fish Fingers	1 fish finger
	Ocean Trader Fish Fingers	1 fish finger
	Tesco Omega 3 Breaded Fish Fingers	1 fish finger
<b>4 Exchanges</b>	Dunnes Stores My Family Favourites Cod Fish Fingers	1 fish finger

## Ham

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Denny Corned Beef	1 slice
<b>2 Exchanges</b>	Super Valu Corned Beef	1 slice
<b>3 Exchanges</b>	Glensallagh Irish Wafer Thin Cooked/Crumbed Ham (Lidl)	1 slice
<b>3 ½ Exchanges</b>	Super Valu Wafer Thin Ham	1 serving (20g)
<b>4 Exchanges</b>	Brannan's Cooked Lean Ham (Aldi)	1 slice
	Denny Deli Style Crumbed Ham	1 slice
	Brannan's Deli Style Crumbed Ham	1 slice
	Super Valu Deli Style Cooked/Crumbed Ham	1 slice
	Tesco Crumbed Deli Style Ham	1 slice

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## Chicken & Turkey

Exchanges	Product	Amount
1 ½ Exchanges	Tesco Wafer Thin Sliced Turkey	1 slice
2 Exchanges	Dunnes Battered/Breaded Chicken Dipper	1 dipper
2 ½ Exchanges	Birds Eye Chicken Dippers	1 dipper
3 Exchanges	Birds Eye Breaded Chicken Nuggets	1 nugget
	Birds Eye Chicken Finger	1 finger
	Braemore Breaded Chicken Dipper (Aldi)	1 dipper
4 Exchanges	Brannan's Deli Style Chicken Slices (Aldi)	1 slice
	Tesco Breaded/Southern Fried Chicken Goujon	1 goujon

## Sausages

Exchanges	Product	Amount
1 ½ Exchanges	M&S Cocktail Sausage Rolls	1 roll (14g)
3 Exchanges	Clonakilty Sausages	1 sausage
	Denny Gold Medal Sausages/Skinless Sausages	1 sausage
	Glensallagh Skinless Pork Sausages (Lidl)	1 sausage
	Super Valu Irish Pork Sausages	1 sausage
3 ½ Exchanges	Brannan's Irish Pork Sausages (Aldi)	1 sausage
4 Exchanges	Galtee Sausages	1 sausage

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## Sauces

Exchanges	Product	Amount
<b>1 Exchange</b>	Meridan Korma Sauce	100g
<b>1 ½ Exchanges</b>	Amoy Black Bean Stir Fry Sauce	½ pack (60g)
	Amy Hoi Sin Stir Fry Sauce	½ pack
	Amoy Dark Soy Sauce	100ml
	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	100g	
<b>2 Exchanges</b>	Amoy Light Soy Sauce	100ml
	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	100g
<b>3 Exchanges</b>	Pataks Korma Paste	100g
	Pataks Tikka Masala Paste	100g
<b>3 ½ Exchanges</b>	Pataks Rogan Josh Paste	100g
	Tesco Finest Korma Cooking Sauce	½ jar
<b>4 Exchanges</b>	Pataks Madras Paste	100g
	Pataks Mild Curry Paste	100g

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## Soups

Exchanges	Product	Amount
<b>1 ½ Exchanges</b>	Baxters Italian Tomato & Basil Soup	100g
	Baxters Minestrone Soup	100g
	Deluxe Cream of Mushroom Soup (Lidl)	100g
	Knorr Quick Soup Oxtail	190ml
	Weight Watchers Chicken Soup	100g
	Baxters Cream of Mushroom Soup	100g
<b>2 Exchanges</b>	Baxters Scotch Broth	100ml
<b>2 ½ Exchanges</b>	Baxters Cream of Chicken Soup	100g
	Newgate Vegetable Soup (Lidl)	200ml
	Cully & Sully Vegetable Soup	1 carton (400g)
<b>3 Exchanges</b>	100g Baxters Chicken & Vegetable Soup	100g
	½ pack Knorr Special Recipe Soup Traditional Vegetables	½ pack
	½ pack Knorr Special Recipe Soup Wild Mushroom	½ pack
	200ml Newgate Cream of Chicken Soup (Lidl)	200ml
	1 carton of Cully & Sully Soup Squash'ed Veggie (400g)	1 carton (400g)
	1 carton of Cully & Sully Soup White Winter Vegetable (400g)	1 carton (400g)
<b>3 ½ Exchanges</b>	1 carton of Cully & Sully Soup Creamy Tomato & Basil (400g)	1 carton (400g)
	1 carton of Avonmore Soup Farmer's Choice Mixed Vegetable (400g)	1 carton (400g)
	Avonmore Farmers Choice Mixed Vegetable Soup	1 carton (400g)
	Avonmore Soup Potato and Leek	1 carton (400g)
	Cully & Sully Soup Creamy Tomato & Basil	1 carton (400g)
<b>4 Exchanges</b>	Avonmore Soup Vine Tomato and Basil	1 carton (400g)

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