

## Super High Exchange List 2023

### Vegetarian Protein Products

Exchanges	Product	Amount
4 ½ Exchanges	Quorn Sausages	1 sausage
5 Exchanges	Birds Eye Crunchy Vegetable Quarter Pounder	1 quarter pounder
	Birds Eye Meat-Free Meatballs	2 meatballs
5 ½ Exchanges	Quorn Sausage Patties	1 patty
6 ½ Exchanges	Denny Meat Free Sausages	2 sausages (84g)
7 Exchanges	Quorn Crispy Nuggets	4 nuggets
	Quorn Chicktastic Burgers	1 burger
8 Exchanges	Quorn Southern Fried Bites	3 bites
8 ½ Exchanges	Quorn Hot and Spicy Vegan Burgers	1 burger
9 Exchanges	Birds Eye Green Cuisine Chicken Free Crispy Grill	1 crisp grill
9 ½ Exchanges	Quorn Crispy Fillets	1 fillet
	Birds Eye Green Cuisine Chicken Free Southern Fried Strips	3 strips
10 Exchanges	Birds Eye Meat Free Burgers	1 burger
	Quorn Mince	75g (frozen/chilled)
	Quorn Chicken Style Pieces	75g (frozen/chilled)

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## Noodles, Pasta & Rice

Exchanges	Product	Amount
4 ½ Exchanges	Erin Savoury Rice – Mexican/Chicken	½ pack (169g cooked)
	Ben’s Original Microwave Rice - Vegetable Pilau/Mexican Style/Savoury Chicken/Spicy Chilli/Thai Sweet Chilli/Mushroom	½ pack (125g)
5 Exchanges	Ben’s Original Microwave Rice - Egg-fried	½ pack (125g)
	Ben’s Boil In Bag Wholegrain Rice	1 portion (62.5g dried rice)
	Ben’s Simply Brown Basmati	½ pack (125g)
5 ½ Exchanges	McDonnell’s Super Noodles Classic Curry/Tender Roast Chicken/Sizzling BBQ Steak	1 pot (190g)
	Mugshot Chinese Noodles	1 sachet
6 Exchanges	Mugshot Chicken & Sweetcorn Noodles	1 sachet
7 Exchanges	Blue Dragon Whole Wheat/Medium Egg/Fine Egg Noodles	1 serving (50g uncooked)
	Tesco Medium Egg Noodles	1 serving (183g cooked)
7 ½ Exchanges	Amoy Udon Thick Noodles	1 serving (150g)
8 Exchanges	Sharwood’s Medium/Fine Egg Noodles	1 serving (145g cooked)
8 ½ Exchanges	Amoy Thread Fine Noodles	1 serving (150g uncooked)
9 Exchanges	Koka Chicken/Curry Noodles	1 serving (85g uncooked)
9 ½ Exchanges	Amoy Medium Noodles	1 serving (150g uncooked)

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## Breads & Wraps

Exchanges	Product	Amount
<b>4 ½ Exchanges</b>	Connell Bakery Wholemeal Soda Bread (Lidl)	1 slice
	Hovis Granary Thick/ Granary Wholemeal/ Original 7 Seeds Bread	1 slice
	Irish Pride Big Toast Bread	1 slice
	Johnston Mooney & O'Brien's Bundy Sesame Seed	1 bundy
	Pat the Baker Slimbo Brown Mixed Seed/ Sesame & Linseed	1 slimbo
	Rowan Hill Plain Tortilla/Mediterranean Herb Wrap (Lidl)	1 wrap
	BFree Soft White Rolls	1 roll (60g)
	Pat The Baker Sesame & Linseed/Brown Mixed Seed Slimbos	1 slimbo (35g)
<b>5 Exchanges</b>	Connell Bakery Burger Bun (Lidl)	1 bun
	Dunnes Stores Plain Burger Bun	1 bun
	Brennan's Malted Bloomer	1 slice
	Irish Pride Bunster Bun with/without seeds	1 bun
	Pat The Baker 100% Wholemeal Slimbos	1 slimbo (37g)
	Fitzgerald's Plain/Wholemeal/Chargrilled Wraps	1 wrap
	Bfree Brown Seeded Rolls	1 roll (60g)
	Fitzgerald's Plain/Wholemeal/ Bagel Slims	1 bagel (48g)
<b>5 ½ Exchanges</b>	Fitzgerald's Tomato/Multigrain Wrap	1 wrap
	Irish Pride Fresh White Wrap	1 wrap
	Tesco White Pitta	1 pitta
	Old El Paso Large Soft Flour Tortilla Wrap	1 wrap
	Dunnes Stores Hot Dog Roll	1 roll (70g)
	Fitzgerald's Multiseed & Cereal Bagel Slims	1 bagel (48g)
	Tesco Whole meal Tortilla Wrap	1 tortilla (61g)
<b>6 Exchanges</b>	Tesco Whole meal Pitta	1 pitta
	Tesco Family Hot Dog Rolls	1 roll
	Brennan's Batch Loaf	1 slice
	Brennan's Catering Pan Thick Sliced White/Brown Loaf	1 slice
	Irish Pride Brown Catering Loaf	1 slice

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## Breads (contd.)

<b>6 ½ Exchanges</b>	Brennan's Hi-Fibre Batch Loaf	1 slice (67g)
	Rowan Hill White Pitta Bread (Lidl)	1 pitta
<b>7 Exchanges</b>	Tesco White Soft Grain Sub Rolls	1 roll
<b>7 ½ Exchanges</b>	Tesco Wholemeal Soft Grain Sub Rolls	1 roll
	Brennan's Sesame Bagel	1 bagel (85g)
	Tesco Finest Seeded Brown Bap	1 bap
<b>8 Exchanges</b>	Brennan's Floury Baps	1 bap
	Tesco Large White Baps	1 bap
	Brennan's Poppy/Cinnamon & Raisin Bagel	1 bagel (85g)
<b>8 ½ Exchanges</b>	New York Bakery The Original/Sesame Bagels	1 bagel (85g)
	Brennan's Multigrain/Plain/Bagel	1 bagel (85g)
	Tesco Finest White Bap	1 bap
<b>9 Exchanges</b>	Fitzgerald's Plain/Wholemeal/Cinnamon & Raisin Bagels	1 bagel (85g)
	New York Bakery Red Onion & Chive Bagels	1 bagel (85g)
<b>9 ½ Exchanges</b>	Fitzgerald's Sesame Bagels	1 bagel (85g)

## Cereal Bars

Exchanges	Product	Amount
<b>5 Exchanges</b>	Nakd Peanut Delight	1 bar (35g)
<b>5 ½ Exchanges</b>	Nakd Banana/Strawberry Crunch	1 bar (35g)
<b>6 ½ Exchanges</b>	Nakd Salted Caramel	1 bar (35g)
<b>7 Exchanges</b>	Pumpkin Seeds, Almonds & Dark Chocolate Bar	1 bar
	Nakd Blueberry Muffin Bar	1 bar (35g)
<b>8 ½ Exchanges</b>	Eat Natural Extra Protein Maple Syrup, Pecans & Peanuts	1 bar (45g)
<b>10 Exchanges</b>	Kind Protein Crunchy Peanut Butter Bar	1 bar (42g)
	Eat Natural Protein Packed with Peanuts and Chocolate Bar	1 bar (45g)

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## Nuts, Seeds & Nut-based Products

Exchanges	Product	Amount
<b>4 ½ Exchanges</b>	Meridian Peanut Butter Smooth/Crunchy 100% Nuts	1 tablespoon (15g)
<b>5 Exchanges</b>	Tesco Smooth Peanut Butter	1 tablespoon (20g)
	Tesco Crunchy Peanut Butter	1 tablespoon (20g)
<b>5 ½ Exchanges</b>	Tesco Sesame Seeds	1 blue scoop (30g)
<b>6 ½ Exchanges</b>	Cashew Nuts	1 blue scoop (35g)
	Tesco Chia Seeds	1 blue scoop (38g)
<b>7 Exchanges</b>	Crownfield Milled Linseed	1 blue scoop (30g)
	Harvest Morn Mixed Milled Chia Seeds	1 blue scoop (30g)
	Forest Feast Slow Roasted Nut Mix/Peanuts & Cashews	1 pack (40g)
<b>7 ½ Exchanges</b>	Sunflower Seeds	1 blue scoop (35g)
	Whole Almonds	1 blue scoop (35g)
	Tesco (Chocolate) Fruit & Nut Mix	1 pack (60g)
<b>8 ½ Exchanges</b>	Forest Feast Smoked Almonds & Peanuts	1 pack (40g)
<b>9 ½ Exchanges</b>	Tesco Salt & Pepper Nut Mix	1 pack (55g)

## Eggs

Exchanges	Amount
<b>6 Exchanges</b>	1 'small' egg (47g approx.)
<b>7 Exchanges</b>	1 'medium' egg (57g approx.)
<b>7 ½ Exchanges</b>	1 'large' egg (61g approx.)
<b>8 ½ Exchanges</b>	1 'jumbo' egg (67g approx.)

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## Fish & Fish Products

Exchanges	Product	Amount
4 ½ Exchanges	Ocean Sea Alaska Pollock Fillet Fish Finger (Lidl)	1 fish finger
5 Exchanges	Ocean Sea Cod Fish Finger	1 fish finger
7 Exchanges	Birds Eye Omega 3 Fish Fingers	2 fish fingers
	Birds Eye Fish Nuggets	3 nuggets
7 ½ Exchanges	Tesco Omega 3 Fish Fingers	2 fish fingers
	Birds Eye Chunky Fish Fingers Extra Large	1 fish finger
	Ocean Trader Smoked Haddock Fish Cake	1 fish finger
8 Exchanges	Birds Eye Gluten Free Fish Fingers	2 fish fingers
	Any type of fish (fresh/tinned etc.)	30g (1oz)

## Meat

Exchanges	Product	Amount
7 Exchanges	Beef/Pork/Lamb	30g (1oz)

## Chicken

Exchanges	Product	Amount
5 ½ Exchanges	Birds Eye Chicken Goujons in Golden Breadcrumbs	1 goujon
6 ½ Exchanges	Birds Eye Chicken Burger	1 burger
	Birds Eye Chicken Fingers	2 fingers
7 Exchanges	Chicken/Turkey/Duck	30g (1oz)
7 ½ Exchanges	Moy Park Breaded Goujons	2 goujons

## 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. Alternatively cream can be used but food label should be checked for protein content.

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## Cheese

Exchanges	Product	Amount
<b>4 ½ Exchanges</b>	Dairylea Dunkers Bread Sticks Cheese Snack	1 tub (43g)
	Dairylea Ritz Dunkers	1 tub (43g)
	Dairylea Strip Cheese	1 strip (21g)
	Strings & Things Cheestrings	1 string (20g)
	Mini Full Fat Babybel	1 piece
<b>5 Exchanges</b>	Mini Light Babybel	1 piece
	Cheese Peeler String	1 triangle
	Tesco Mild White Sliced Cheddar	1 slice (20g)
<b>5 ½ Exchanges</b>	Low Low Sliced Red Cheddar Slices	1 slice (20g)
	Low Low Sliced White Cheddar Slices	1 slice (20g)
<b>6 ½ Exchanges</b>	Tesco Edam Cheese Slices	1 slice (25g)
	Tesco Mature Sliced Irish Red Cheddar	1 slice (25g)
<b>7 Exchanges</b>	Tesco 30% Reduced Fat Mature Cheese Slices	1 slice (25g)
	Tesco Emmental Cheese Slices	1 slice (25g)
<b>9 ½ Exchanges</b>	Charville Snackfuls: Mature Cheddar and Country Relish	1 pack
	Charville Snackfuls: Mature Cheddar and Chilli Chutney	1 pack

## Yogurts

Exchanges	Product	Amount
<b>4 ½ Exchanges</b>	Yoplait Hazelnut Yogurt	1 pot (125g)
	Yopait Smooth Mix Red/Yellow Fruit Yogurt	1 pot (125g)
	Glenilen Farm Strawberry Yogurt	1 pot (125g)
	Activia Yogurt (Rhubarb, Strawberry)	1 pot (115g)
<b>5 Exchanges</b>	Glenilen Farm Mango and Passion Fruit/Raspberry Yogurt	1 pot (125g)
	Fage Total 0% Fat Greek Recipe Yogurt	50g
	Activia No Added Sugar (Strawberry)	1 pot (125g)
	Activia Natural Yogurt	1 pot (125g)

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## Yogurts (contd.)

<b>5 ½ Exchanges</b>	Activia No Added Sugar (Raspberry, Peach)	1 pot (115g)
	Yoplait Yop Strawberry Banana/Forest Fruit Yogurt	1 bottle (180g)
<b>6 Exchanges</b>	Glenilen Farm Greek Style 0% Fat Passion Fruit Mango Yogurt	1 pot (125g)
	Tesco Finest Greek Style Yogurt	100g
	Muller Fruit Corner Strawberry	1 pot (136g)
<b>7 ½ Exchanges</b>	Muller Light Toffee Yogurt	1 pot (160g)
<b>8 Exchanges</b>	Yoplait Skyr Lemon/Vanilla/Red Fruit/Blueberry Fat Free Yogurt	1 pot (100g)
	Muller Light Vanilla Dark Chocolate Yogurt	1 pot (160g)
	Liberté Greek Style Vanilla 0% Fat Yogurt	100g
<b>8 ½ Exchanges</b>	Fage Total 0% Fat Greek Recipe Yogurt Blueberry/Raspberry & Pomegranate	100g
<b>9 Exchanges</b>	Fage Total 5% Fat Greek Recipe Yogurt	100g

## Rice Puddings & Custards

Exchanges	Product	Amount
<b>5 Exchanges</b>	Sunny South Low Fat Custard Pot	1 pot (150g)
	Muller Rice Low Fat Strawberry/Apple	1 pot (170g)
	Muller Rice Low Fat Vanilla Custard	1 pot (170g)
	Rachel's Organic Divine Rice	1 pot (150g)
<b>5 ½ Exchanges</b>	Muller Rice Low Fat Original	1 pot (170g)

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