

# Fat Exchange List

## 2023

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### Treats

Treats should only be eaten once or twice a week at most

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## Bread

Exchanges	Item and quantity
<b>Free</b>	1 Bfree Soft White Sandwich Loaf (2 slices = ½ exchange)
	1 Irish Pride Slimsters (2 slices = ½ exchange)
	1 M&S Mini White Pitta (2 pittas = ½ exchange)
	1 slice Pats Be Health 58kcal white sliced pan (2 slices = ½ exchange)
	1 Staffords White Sliced Pan (2 slices = ½ exchange)
<b>½ Exchange</b>	1 slice Ballymore Crust Family Pan White (Aldi)
	1 slice Ballymore Crust 100% Wholemeal (Aldi)
	1 slice Brennans 100% Wholemeal Bread (2 slices = 1 ½ exchanges)
	1 slice Brennans Be Good White Bread
	1 slice Brennans Be Good Wholemeal Bread
	1 slice Brennans Be Good Brown Bread
	1 slice Brennans Be Good Wholegrain Bread
	1 slice Brennans Brown & White in One Bite
	1 slice Brennans Bloomer White Bread
	1 slice Brennans Bloomer Brown Bread
	1 slice Brennans Family Pan Premium White Bread
	1 slice Connell Bakery White Half Sliced Pan (Lidl)
	1 slice Connell Bakery White Medium Sliced Pan (Lidl)
	1 slice Connell Bakery White Premium Sliced Pan (Lidl)
	1 slice Connell Bakery Wholemeal Half Sliced Pan (Lidl)
	1 blaa Dunnes Stores Simply Better Waterford Blaa's
	1 pitta Fitzgeralds Round Wholemeal Pitta Bread
	1 pitta Fitzgeralds Round White Pitta Bread
	1 slice Hovis Nimble Wholemeal Bread
	1 slice Hovis Wholemeal Bread

<b>½ Exchange</b>	1 slice Irish Pride Big Toast Bread
	1 slice Irish Pride Heavenly Wholemeal
	1 slice Irish Pride Rustic Bake Wholemeal Bread
	1 slice Irish Pride Sandwich Pan White
	1 slice Irish Pride Slimsters Squares
	1 slice Irish Pride White and Wholemeal Slimster Squares
	1 slice Irish Pride White & Wholemeal Sandwich Bread
	1 slice Irish Pride Wholegrain Bread
	1 slice Irish Pride Wholemeal Sandwich Bread
	1 slice Johnston Mooney & O'Brien Wholegrain Bread
	1 thin Johnston Mooney & O'Brien Chia & Golden Linseed Sandwich Thins
	1 thin Johnston Mooney & O'Brien Goodness of Both Sandwich Thins
	1 slice Hovis Nimble Wholemeal Bread
	1 slice Hovis Wholemeal Bread
	1 slice Irish Pride Big Toast Bread
	Johnston Mooney & O'Brien Butter Krust Family Pan
	Johnston Mooney & O'Briens Goodness of Both Bread
	Johnston Mooney & O'Briens Toastie
	Johnston Mooney & O'Briens Wholemeal Bread
	M&S Mini Wholemeal Pittas
	McCambridges Irish Stone Ground Wholewheat Bread
	McCambridges Spelt Bread
	Pat the Baker Slimbos Plain White
	Pat the Baker Thick Sliced Toasty Pan
	Pat the Baker White Slice Pan
	Pat the Baker Wholegrain Bread
	Super Valu Oval White Pitta Bread (2 pitta = 1.5 exchanges)

<b>½ Exchange</b>	Super Valu Round White Pitta Breads
	Super Valu White Sliced Bread
	Tesco White Pitta
	Tesco Wholemeal Pitta Bread (2 pitta = 1.5 exchanges)
	Gallaghers Bakehouse Sourdough Wholemeal (2 slices = 1.5 exchanges)
<b>1 Exchange</b>	1 Bfree Stone Baked Pitta Bread
	1 Bfree Soft White Roll
	1 Bfree Multigrain Wrap (2 wraps = 2.5 exchanges)
	1 Brennans Bagels Cinnamon & Raisin
	1 Brennans Bagels Plain
	1 slice Brennans Batch High Fibre
	1 slice Brennans Be Good Sesame & Linseed Sandwich Breads
	1 slice Brennans Be Good Wholemeal Sandwich Breads (2 slices=2.5exchanges)
	1 slice Brennans Brown Bread Wholegrain
	1 slice Brennans Wholegrain Batch
	1 serving Connell Bakery Multiseed Sandwich Slims (Lidl)
	1 slice Connell Bakery Wholemeal Premium Sliced Pan (Lidl)
	Country Kitchens Round White Pitta Bread (2 pitta = 1.5 exchanges)
	Country Kitchens Crispy Ciabatta
	Country Kitchens Round Wholemeal Pitta Bread (2 pitta = 1.5 exchanges)
	1 slice Dunnes Stores Brown Sliced Pan
	1 Dunnes Stores Fresh White Pitta Bread
	1 Dunnes Stores White Mediterranean Wraps (2 wraps = 1.5ex)
	1 Dunnes Stores White Sliced Bread
	Dunnes Stores White Sliced Pan
	Dunnes Stores Wholemeal Mediterranean Wraps (2 wraps= 1.5 exchanges)
	Dunnes Stores Wholemeal Sliced Bread

<b>1 Exchange</b>	Dunnes Stores My Family Favourites White Pan
	Dunnes Stores My Family Favourites Brown Pan
	Fitzgeralds Plain Bagel Slims
	Fitzgeralds Wholemeal Bagel Slims
	Hovis Best of Both Bread (2 slices=1.5 exchanges)
	Hovis Granary Wholemeal Bread
	Irish Pride Crunchy High Fibre
	Johnston Mooney & O'Brien Goodness of Both Rolls (2 rolls=2.5 exchanges)
	Johnston Mooney & O'Brien Multiseed Sandwich Thins
	Juvela Gluten Free Fibre Unsliced Loaf 2 slices =1.5 exchanges
	Juvela Part Baked Gluten Free Fibre Loaf
	Lynchs Pancakes (Aldi)
	New York Bakery Plain Bagel
	Pat the Baker 100% Wholemeal Slimbos
	Pat the Baker Wholemeal Slimbos
	Rowan Hill White Pitta Breads (Lidl)
	Rowan Hill Wholemeal Pitta Breads (Lidl)
	Super Valu Bake at Home Ciabatta
	Super Valu Round Wholemeal Pitta Breads (2 pitta = 1.5 exchanges)
	Gallaghers Bakehouse Sourdough Wholemeal
	Gallaghers Bakehouse Sourdough Brown Bloomer
	Gallaghers Bakehouse Sourdough White Bloomer
<b>1 ½ Exchanges</b>	1 slice Bfree Brown Seeded Bloomer
	Brennans Brown Soda Bread
	Brennans Crunchy Wholemeal with Pumpkin & Poppy Seeds
	Connell Bakery Buttermilk Pancakes (Lidl)
	Connell Bakery Unseeded Burger Buns (Lidl)

<b>1 ½ Exchanges</b>	Dunnes Stores Fresh Wholemeal Pitta Bread
	Dunnes Stores Plain Burger Buns
	Food Doctor Multiseed and Cereal Pitta
	Fitzgeralds Multiseed and Cereal Pitta Bread
	Irish Pride Healthy Grain Bread
	Kelkin Free From White Bread
	New York Bakery Cinnamon & Raisin Bagel
	Pat the Baker Buttermilk Brown Soda Sliced
	Pat the Baker Multi-Grain Brown Sliced Pan
	Pat the Baker Slimbos Brown Mixed Seed
	Pat the Baker Slimbos Sesame & Linseed
<b>2 Exchanges</b>	1 Bfree Plain Bagel
	1 Bfree Multiseed Bagel
	1 Brennans Bagels Poppy
	1 slice Brennans Bake House Chia Wholegrain Bread
	1 slice Brennans Bakehouse seeded Multigrain
	1 slice Brennans Gluten Free Bread
	1 slice Brennans Multiseed Bread
	1 Connell Bakery Wholemeal Soda Bread (Lidl)
	1 Dunnes Bake at Home Crusty Rolls
	1 Dunnes Bake at Home Half Baguettes
	1 slice Dunnes Stores Square White Batch
	1 Fitzgeralds Plain Bagels
	1 Fitzgeralds Wholemeal Bagel
	1 Fitzgerald Cinnamon and Raisin Bagel
	1 Irish Pride Bunster Buns with Seeds
	1 Irish Pride Bunsters No Seeds

<b>2 Exchanges</b>	1 Irish Pride Scrumptious 9 Grain
	1 Johnston Mooney & O'Brien Bundy Hot Dog Rolls
	1 Johnston Mooney & O'Brien Bundy Original
	1 Johnston Mooney & O'Brien Bundy Sesame Seed
	1 slice Kelkin Free From Brown Bread
	1 Lynchs Large Pancakes (Aldi)
	1 slice McCambriges Low G.I High Fibre Bread
	1 New York Bakery Wholemeal Bagels
	1 Old El Paso Corn Tortilla Wrap
	1 Old El Paso Soft Flour Tortilla Wrap
	1 Rowan Hill Meditteranean Herb Wraps (Lidl)
	1 Tesco Garlic and Coriander Mini Naan Bread

## Breakfast Cereals

Exchanges	Item and quantity
<b>Free</b>	30g Aldi Harvest Morn Crisp Rice (60g = 1/2 exchange)
	30g Aldi Frosted Flakes (60g = 1/2 exchange)
	30g Dunnes Cornflakes (60g = 1/2 exchange)
	30g Dunnes Frosted flakes (60g = 1/2 exchange)
	100g Kavanagh Instant Oats
	30g Kavanagh Jumbo Oats (60g = 1/2 exchange)
	30g Kavanagh Original Oats (60g = 1/2 exchange)
	30g Kelloggs Cornflakes (30g) (60g = 1/2 exchange)
	30g Kelloggs Frosties (75g = 1/2 exchange)
	30g Kelloggs Rice Krispies (60g = 1/2 exchange)
	30g Kelkin Gluten free organic Cornflakes (60g = 1/2 exchange)
	30g Nestle Go Free Honey Flakes Gluten Free (60g = 1/2 exchange)

<b>½ Exchange</b>	Aldi Harvest Morn Original Benefit (30g)
	Aldi Harvest Morn Choco Hoops (30g)
	Aldi Harvest Morn Choco Rice (30g)
	Aldi Harvest Morn Corn Flakes (30g)
	Aldi Harvest Morn Malted Wheeties (30g)
	Aldi Harvest Morn Wheat Bisks -1 biscuit
	Bixies (Wheat Biscuits 20g biscuit)
	Dunnes Especially You (30g)
	Dunnes Wheat Biscuits (1 biscuit)
	Flahavans Oatlets (8g 1 tablespoon)
	Juvela Gluten Free Corn Flakes (50g)
	Juvela Gluten Free Crispy Rice (50g)
	Kelkin Gluten Free Buckwheat Flakes (50g)
	Kelkin Gluten Free Organic Cornflakes (50g)
	Kelloggs Cornflakes (50g)
	Kelloggs Rice Krispies (50g)
	Kelloggs Special K (30g)
	Kelloggs Special K Red Berry (30g)
	Harvest Morn (Lidl) Choco hoops (30g)
	Harvest Morn (Lidl) Choco rice(30g)
	Harvest Morn (Lidl) Cornflakes (30g)
	Harvest Morn (Lidl) Crisp Rice (50g)
	Harvest Morn (Lidl) Malted Wheeties (30g)
	Harvest Morn (Lidl) Original Benefit (40g)
	Harvest Morn (Lidl) Tropical fruit granola (40g)
	Nestle Go Free Cornflakes Cereal (50g)
	Nestle Golden Nuggets (30g)



<b>½ Exchange</b>	Nestle Shreddies (30g)
	Nestle Frosted Shreddies (30g)
	Ready Brek (8g – 2 tablespoons)
	Honey Monster Sugar Puffs (40g) - 1 exchange
	Weetabix – 1 biscuit
	Weetabix Banana - 1 biscuit
<b>1 Exchange</b>	Doves Farm Chocolate Stars Gluten Free (40g)
	Harvest Morn (Lidl) Bran Flakes (40g)
	Harvest Morn (Lidl) Multigrain Hoops (30g)
	Harvest Morn (Lidl) Wheat Bisks—2 biscuits
	Juvela Gluten Free Fibre Flakes (50g)
	Juvela Gluten Free Flakes (50g)
	Kelkin Gluten Free Buckwheat Flakes with Apple and Coconut (30g)
	Kelloggs Bran Flakes (30g)
	Kelloggs All Bran (30g)
	Kelloggs Coco Pops (40g)
	Kellogs Coco Pops Crocodile Copters (40g)
	Kelloggs Frosted Wheats (50g)
	Kellogs Honey Loops (30g)
	Kelloggs Just Right (50g)
	Kellogs Mini Max (50g)
	Kelloggs Multigrain Starts (30g)
	Kelloggs Raisin Wheats (50g)
	Kelloggs Rice Krispie Multigrain Shapes (40g)
	Kelloggs Special K Oats and Honey (30g)
	Lidl Choco Hoops (30g)
	Lidl Choco Moons (30g)

<b>1 Exchange</b>	Lidl Choco Rice (30g)
	Lidl Honey and Peanut Cornflakes (30g)
	Lidl Malt Wheaties (40g)
	Lidl Mini Wheats (40g)
	Lidl Multigrain Hoops (30g)
	Lidl Rice Snaps (30g)
	Nestle Cookie Crisp (30g)
	Nestle Shredded Wheat (45g)
	Nestle Honey Cheerios (30g)
	Nestle Multigrain Cheerios (30g)
	Harvest Morn (Lidl) Malted Wheeties (50g)
	Harvest Morn (Lidl) Multigrain Hoops (35g)
	Harvest Morn (Lidl) Choco Rice (50g)
<b>1 ½ Exchanges</b>	Flahavans Hi8 Muesli (30g)
	Harvest Morn (Lidl) Forested Flakes (40g)
	Harvest Morn Honey Nut (30g)
	Harvest Morn Wheat Bisks Crispy Bites (chocolate chip) (30g)
	Kelkin Gluten Free Buckwheat Flakes with Apple and Coconut (50g)
	Kelloggs All Bran (40g)
	Kelloggs Bran Flakes (50g)
	Kelloggs Crunchy Nut Corn Flakes (30g)
	Nestle Chocolatey Cheerios (30g)
	Nestle Nesquick Chocolatey (40g)
	Nestle Raisins Oats and More (30g)
	Odlums Wheat Bran (30g)
	Kelkin Gluten Free Porridge (50g)
	Oatflakes Mixed Raisin and Sultana (30g)

<b>1 ½ Exchanges</b>	Odlums Wheat Bran (30g)
	Weetos (30g)
	Weetabix with Chocolate (30g)
	Weetabix Crunchy Bran (40g)
	Weetabix Crispy Minis Chocolate Chip (30g)
<b>2 Exchanges</b>	Alpen Original Muesli (35g)
	Flahavans Microwave Quick Oats Natural (35g)
	Flahavans Oatlets (35g)
	Flahavans Quick Oats Organic (35g)
	Flahavans Quick Oats Natural (35g)
	Flahavans Quick Oats Pots: Apple & Raisin, Golden Syrup (45g pot)
	Flahavans Quick Oats Sachets: Organic (35g)
	Flahavans Quick Oats Sachets: Natural, Apple, Raisin & Cinnamon (35g sachet)
	Harvest Morn (Lidl) Fruit and Fibre (30g)
	Kelkin Gluten Free Organic Pure Oat Porridge (30g)
	Kellogs Fruit 'N' Fibre (35g)
	Oatibix Flakes (30g)
	Oatiflakes Mixed Raisin and Sultana (40g)
	Odlums Porridge Oats (30g)
	Odlums Quick & Easy Porridge Oats Microwave (30g)
	Weetabix Crispy Minis Fruit and Nut (50g)
<b>2 ½ Exchanges</b>	Aldi Specially selected granola (30g)
	Flahavans Quick Oats Original (44g pot)
	Flahavans Quick Oats Sachets: Golden Syrup (35g sachet)
	Flahavans Quick Oats Strawberry (46g pot)
	Kelloggs Coco Pops Cocorocks (30g)
	Kelloggs Fruit and Fibre (40g)

<b>2 ½ Exchanges</b>	Nestle Almonds Oats and More (30g)
	Nestle Oat Cheerios Low Sugar (30g)
	1 sachet Ready brek (30g)
	Oatibix (30g)

## Cereal Bars

Exchanges	Item and quantity
<b>½ Exchange</b>	Alpen Light Jaffa Cake (19g bar)
<b>1 Exchange</b>	Alpen Light Summer Fruit Cereal Bar 1 bar
	Alpen Light Chocolate & Fudge Bar 1 bar
	1 Belvita Breakfast Bars- Golden Oats 1 biscuit
	Go Ahead Crispy Slices Apple and Sultana - 1 slice
	Go Ahead Crispy Slices Orange and Sultana - 1 slice
	Go Ahead Crispy Slices Forest Fruit—1 slice
	Go Ahead Crispy Slices Raspberry—1 slice
<b>1 ½ Exchange</b>	Belvita Breakfast Bars-Cranberry—1 biscuit
	Belvita Breakfast Bars-Fruit & Fibre—1 biscuit
	1 Harvest Morn benefit Cherry bakewell bar
	1 Harvest Morn benefit chocolate fudge bar
	1 Harvest Morn yoghurt and fruit bar (Strawberry)
	Kelloggs Special K Red Berry Cereal Bars -1 bar
	Special K Red Berry—1 bar
<b>2 Exchanges</b>	Belvita Breakfast Bars-Forest Fruit 1 biscuit
	Belvita Breakfast Bars-Honey& Nuts with Choc Chip 1 biscuit
	Belvita Breakfast Bars-Milk & Cereal 1 biscuit
	Go Ahead Yogurt Breaks - Forest Fruit—1 slice

<b>2 Exchanges</b>	Go Ahead Yogurt Breaks Strawberry—1 slice
	Go Ahead Yoghurt Breaks - Raspberry—1 slice
	Harvest Morn Chewee Cereal Bar: Milk Chocolate Chip 1 bar
	Harvest Morn Chewee Cereal Bar: White Chocolate Chip 1 bar
	Harvest Morn Fibre now square ( birthday cake) 1 bar
	Harvest morn Fibre now square (salted caramel)
	Harvest Morn Fruit and Fibre Cereal Bar
	Harvest Morn yoghurt and fruit bars (Forest Fruit)
	Kelloggs Rice Krispies Cereal & Milk Bar
	McVities Breakfast Porridge Oats Biscuits- Oats and Honey
	McVities Breakfast Porridge Oats Biscuits-Redberries
	1 Nakd Banana Bread Bar
	Special K Biscuit Moments Strawberry
	Special K with Belgian Milk Chocolate
	Weetabix - Milk and Cereal Bar
	Weetabix Breakfast Biscuit Apple
<b>2 ½ Exchanges</b>	1 Harvest Morn Cranberry Bar (31g)
	1 Nakd Cocoa Crunch (30g)
	Harvest Morn Fibre Now square (choc fudge brownie)
	1 Harvest Morn and Grain: Strawberry bar
	1 Kelloggs Coco Pops Cereal & Milk Bar (20g)
	1 Nakd Apple Pie Bar (30g)
	Nakd Banana Crunch (30g)
	Nakd Berry Cheeky (30g)
	Nakd Cocoa Crunch (30g)
	Nakd Strawberry Crunch (30g)
	Special K Biscuit Moments Blueberry 2 biscuits

<b>2 ½ Exchanges</b>	Special K Biscuit Moments Cherry (25g)
	Special K Biscuit Moments Chocolate 2 biscuits
<b>3 Exchanges</b>	Alpen Strawberry & Yogurt Cereal Bar
	Go Ahead Apple Bakes 1 bake
	Go Ahead Strawberry Bakes
	Harvest Morn crispy chunks Marshmallow bar
	Harvest Morn Fruit and Grain: Apples
	Harvest Morn popcorn bars (milk chocolate)
	Harvest Morn Fruit and Grain: Apples
	1 Kelloggs Nutrigrain Apple bar
	1 Kelloggs Nutrigrain Blueberry bar
	1 Kelloggs Nutrigrain Strawberry bar
	Kelloggs Rice Krispies Squares Honeycomb Crunch
	Kelloggs Frosties Cereal and Milk Bar
	Special K Milk Chocolate Delight
<b>3 ½ Exchanges</b>	1 Belvita Duo Crunch - Strawberry and Yoghurt biscuit
	Kelloggs Rice Krispies Squares Rocky Road (34g)
	1 Nature Valley Crunchy Oats and Honey biscuit (21g)
	1 Nature Valley Crunchy Canadian Maple Syrup biscuit (21g)
	1 Nature Valley Crunchy and More - Oats and Berries (1/2 pack)
	1 Special K Dark Chocolate Delight (24g bar)
	1 Tesco Choco Snaps Cereal Bar
	1 Tesco Rice Snaps Cereal Bars
	1 Tesco Sticky Toffee Cereal Bar
<b>4 Exchanges</b>	1 Belvita Yoghurt Crunch - Creamy Yoghurt
	1 Belvita Yogurt Crunch-Honey and Yogurt
	Harvest Morn breakfast biscuits (3 biscuits)

<b>4 Exchanges</b>	1 Harvest Morn popcorn bar (peanut butter)
	1 Kelloggs Breakfast Bakes Raisin (45g)
	1 Nakd Rhubarb & Custard (35g)
	1 Nature Valley Crunchy and More-Oats and Dark Chocolate

## Cheese

Exchanges	Item and quantity
<b>Free</b>	1 pink scoop (9g) serving Philadelphia Lightest (2 pink scoops = 18g = 1/2 exchange)
	Glen Lochy Scottish Fat Free Cottage Cheese
	Glen Lochy Scottish Fat free Onion and Chive Cottage Cheese
	Glen Lochy Scottish Fat free Pineapple Cottage Cheese
<b>½ Exchange</b>	1 triangle Laughing Cow Extra Light Cheese
<b>1 Exchange</b>	1 triangle Laughing Cow Light Cheese
<b>1 ½ Exchanges</b>	1 tablespoon Philadelphia Light (14g)
	1 tablespoon Philadelphia Garlic and Herbs (15g)
	1 tablespoon Philadelphia Sweet Chilli (15g)
<b>2 ½ Exchanges</b>	1 mini Babybel Light Cheese
	100g Philadelphia Lightest
<b>3 Exchanges</b>	1 triangle Laughing Cow Cheese
	1 tablespoon Philadelphia Original (15g)
<b>3 ½ Exchanges</b>	1 slice Galtee Cheese Singles (17g)
	1 slice Tesco Everyday Value Cheese Singles (17g)
<b>4 Exchanges</b>	1 slice Kerri Easi Singles (20g)
	1 Cheese Peeler (20g)
	Emporium Cheesy Single - 1 slice
	100g Glen Lochy Scottish Natural Cottage Cheese

<b>4 ½ Exchanges</b>	1 slice Ardagh Lighter Sliced Red Cheese
	1 slice Ardagh Lighter Sliced White Mature Cheese
	1 Kerry Cheese String Original (20g)
	1 slice LowLow Sliced Mature Red Cheddar (20g)
	1 slice LowLow Freshly Sliced White Cheddar (20g)
	1 slice Violife Cheese Slices (20g)
<b>5 Exchanges</b>	1 slice Dairygold Plantbased White Slices 20g)
	1 Mini Babybel Full Fat
<b>6 Exchanges</b>	1 Dairylea Dunkers Jumbo Tub (47g)
	1 Dairylea Strip Cheese
	1 slice Emporium Edam Slices
	1 slice Tesco Edam (25g)

## Chicken, Turkey and Duck

Exchanges	Item and quantity
<b>1 Exchange</b>	<b>Chicken:</b> 45 grams of Chicken Breast, grilled without skin, meat only
	10 grams of Roasted Chicken, dark meat
	30 grams of Roasted Chicken, light meat
	<b>Turkey:</b> 15 grams of Roasted Turkey, dark meat
	50 grams of Roasted Turkey, light meat
	<b>Duck:</b> 10 grams of Roasted Duck, meat only

## Chicken and Turkey Products

Exchanges	Item and quantity
<b>Free</b>	1 slice Brannans Deli Style Chicken (Aldi) (11g) (2 slices = 1/2 exchange)
	1 slice Dunnes Stores Cooked Chicken (Frozen) 21g (2 slices = 1/2 exchange)



<b>Free</b>	1 slice Tesco Wafer Thin Roast Chicken (11g) (2 slices = 1/2 exchange)
	1 slice Glensallagh Irish Deli Style Turkey Slices (Lidl) (2 slices = 1/2 exchange)
	1 Ballyfree Turkey Rasher and Smoked Turkey Rasher
	50g serving Super Valu Roast Chicken Breast Pieces (frozen)
<b>½ Exchange</b>	1 Ballyfree Original Turkey Rasher
<b>1 Exchange</b>	1 Tesco Chicken Bites (frozen)
	100g Oakpark Turkey Breast Rashers (2/3 pack)
	100g Oakpark Smoked Turkey Lardons (2/3 pack)
<b>1 ½ Exchanges</b>	100g Dunnes Stores Cooked Chicken Pieces (frozen)
	1 Big Als Chicken Dipper
	100g Brannans Deli Style Roast Chicken Tikka Breast Pieces (Aldi)
<b>2 Exchanges</b>	1 Birds Eye Chicken Dipper
	1 Birds Eye Chicken Shop Hot & Fiery Breast Chunks (frozen)
	1 Dunnes Breaded Chicken Dipper (frozen)
	1 Dunnes My Family Favourites Breaded Chicken Nugget (frozen)
	1 Dunnes Stores Chicken Nuggets (fresh)
	1 Tesco Battered Chicken Dipper (frozen)
<b>2 ½ Exchanges</b>	1 Birds Eye Breaded Chicken Nugget
<b>3 Exchanges</b>	1 Birds Eye Chicken Finger
	1 Braemoor Battered Chicken Dipper
	1 Braemoor Breaded Chicken Dipper
	1 Dunnes Battered Chicken Dipper (frozen)
	1 Tesco Frozen Chicken Goujans (frozen)
<b>3 ½ Exchanges</b>	1 Tesco Southern Fried Chicken Goujon (frozen)
	1 Tesco Breaded Chicken Goujon

## Crackers and Rice Cakes

Exchanges	Item and quantity
<b>Free</b>	1 Bunalun Organic Corn Cake / Extra Thin Corn Cake
	1 Bunalun Organic Unsalted Rice Cake
	1 Bunalun Organic Salted Rice Cake
	1 Carrs Table Water Original (2 crackers = 1/2 exchange)
	1 Carrs Table Water Biscuit with Cracked Black Pepper ( 2 = 1/2 exchange)
	1 Cracottes Original Cracker (2 = 1/2 exchange)
	1 Forever Health Spelt Cake
	1 Jacobs Corn Cake
	1 Jacobs Sea Salt Rice Cake
	1 Jacobs Multigrain and Seed Rice Cake
	1 Kelkin Rice Cake Salt Free (2 = 1/2 exchange)
	1 Ryvita Crackerbread
	1 Ryvita Cracker for Cheese
	1 Ryvita Dark Rye Cracker
	1 Ryvita Deli Cracked Black Pepper Cracker
	1 Ryvita Deli Hint of Chilli
	1 Ryvita Deli Mediterranean Herbs Crispbread
	1 Ryvita Original
	1 Ryvita Wholegrain Crackerbread (2 crackers = 1/2 exchange)
	1 Tesco Italian Original Mini Breadstick
<b>½ Exchange</b>	1 large Carr's Table Water
	1 Kelkin Multigrain Corn Cake
	1 Ryvita Deli Sesame Crispbread
	1 Ryvita Thins Sweet Chilli
	1 Snack A Jacks Caramel

<b>½ Exchange</b>	1 Savour bakes sesame crispbread
	1 Savour bakes Thins
	1 Tesco High Baked Water Biscuit
	1 Tesco Italian Original Breadstick
	1 Tesco Salt and Vinegar Rice Cake
	1 Tuc Original
	1 Juvela Gluten Free Cracker
	1 Juvela Gluten Free Crispbread
<b>1 Exchange</b>	1 Aldi Specially Selected seasalt crackers
	1 Carr's Ciabatta Cracker—Original/ Sundried Tomato/ Caramelised Onion
	1 Carrs Cream Cracker
	1 Carrs Flatbread—Mixed Seed Cracker/Salt and Cracked Black Pepper
	1 Carrs Melts Cheese
	1 Carrs Melts Original
	1 Jacobs Cream Cracker
	1 Jacobs Crispbread Original
	1 Jacobs Mediterranean Tomato and Basil Cracker/Mediterranean Lightly Salted Cracker/Mediterranean Olive Oil and Oregano Cracker
	1 Nairns Gluten Free Wholegrain Cracker
	1 Ritz cracker
	1 Ritz Cheese Crackers
	1 Ryvita Deli Multigrain Cracker/Ryvita Deli Pumpkin Seed and Oat Crispbread/Ryvita Fruit Crunch Crispbread/
	1 Savour bakes multigrain cracker/1 Savour bakes wheat crackers
	1 Tesco Sesame and Poppyseed Thins/Tesco Cheese Thins
	1 Tesco Wheat Cracker
	1 Tuc Bacon Flavour Cracker
	1 Tuc Sour Cream and Onion Cracker
	1 The Foods of Athenry Multiseed Sodabread Toast (GF)

<b>1 ½ Exchanges</b>	1 Carrs Chive Crispbread/1 Carrs Mixed Grain Crispbread/1 Carrs Mixed Seed Crispbread
	1 Jacobs Crispbread - Sesame
	1 Jacobs Snapwheat Cracker
	1 Nairns Fine Oatcake
	1 Ryvita Thins Multiseed
	Snack A Jacks Salt and Vinegar Multipack
	Snack A Jacks Sour Cream and Chive
	Snack A Jacks Sweet Chilli
	1 Tesco Sesame Breadstick
	1 Walkers Fine Oatcake
<b>2 Exchanges</b>	1 Nairns Gluten Free Cracked Black Pepper Oatcake—1 exchange
	Nairns Gluten Free Oatcakes
	1 Nairns Rough Oatcake
	1 Savour bakes rough oatcakes
	1 Tesco Cheese Twist/1 Tesco Chive and Onion Twist
	1 Tesco Scottish Oatcake
<b>2 ½ Exchanges</b>	1 Walkers Highland Oatcakes
<b>3 Exchanges</b>	1 Jacobs Milk Chocolate Rice Cakes
	1 Jacobs Yoghurt Rice Cakes
	1 Kelkin Milk Chocolate and Caramel Rice Cake Thins
<b>3 ½ Exchanges</b>	1 Bunalun Milk Chocolate Crunch Corncake
	1 Dunnes Dark Chocolate and Raspberry Corn Cake
	1 Dunnes Milk Chocolate and Coconut Corn Cake
	1 Dunnes Salted Caramel Rice Cakes
	1 Bunalun Yogurt and Orange Rice Cake
	1 Kelkin Dark Chocolate Corn Cake

<b>3 ½ Exchanges</b>	1 Kelkin Hazelnut and Chocolate Rice Cake Bar
	Kelkin Milk Chocolate Corncake
	1 Kelkin Milk Chocolate Mini Rice Cake Snack Pack
	1 Kelkin Yoghurt Mini Rice Cakes Snack Pack
	1 Savour bakes Italia crackers packet
<b>4 Exchanges</b>	1 Bunalun Chocolate Covered Rice Cake
	1 Bunalun Dark Chocolate and Orange/ Mint Rice Cakes
	1 Bunalun Strawberry and Yogurt Rice Cake
	1 Dunnes Dark Chocolate and Orange Rice Cake
	1 Dunnes Mixed Berry and Yoghurt Rice Cake
	Dunnes White Chocolate and Coconut Corn Cake
	1 Kelkin Dark Chocolate/ Dark Chocolate Mint/ Orange Rice Cake
	1 Kelkin Milk Chocolate Rice Cake
	1 Kelkin Triple Berry Yoghurt Rice Cake
	1 Kelkin Yogurt Rice Cake

## Fish and Fish Products

Exchanges	Item and quantity
<b>½ Exchange</b>	100g Dunnes Stores Tuna Chunks in Brine
	100g John West Tuna Chunks in Brine
<b>1 Exchange</b>	150 grams of Cod, raw
	250 grams of Haddock, raw
	50 grams Halibut
	140 grams Lemon sole, raw
	80 grams of Plaice, raw
	110 grams of Whiting, raw

<b>1 Exchange</b>	8 grams of Herring ,raw
	6 grams of Mackerel, raw
	6 grams of Salmon grilled (flesh only)
	20 grams of Salmon pink canned in brine
	10 grams of Sardines canned in brine
	15 grams of Trout rainbow baked
	120g Tuna , flesh only, raw
	100 grams of Tuna canned in brine
	15 grams of Tuna canned in oil
	100g John West Tuna Steak in Brine No Drain
	20g John West Pink Salmon in Brine
<b>1 ½ Exchanges</b>	1 Birds Eye Crispy Fish Bite
	100g Sunny South Tuna Chunks in Brine
<b>2 Exchanges</b>	1 Donegal Catch Fish Finger with Extra Omega 3
	John West Mackerel With a Twist 85g pouch
	1 Youngs Fish Finger
	1 Youngs Flipper Dipper
	1 Youngs Omega 3 Fish Finger
<b>2 ½ Exchanges</b>	1 Birds Eye Fish Finger
	1 Birds Eye Fish Fillet Burger
	John West Sardines With a Twist 85g pouch
	85g pouch John West Sardines with a Twist
	1 M&S Chunky Breaded Cod Fish Finger
	1 Ocean Trader Fish Finger
	1 Super Valu Breaded Cod Fish Finger (30g)
	1 Tesco Omega 3 Breaded Fish Finger
<b>3 Exchanges</b>	1 Dunnes Stores My Family Favourites Cod Fish Finger
	1 Birds Eye Omega 3 Fish Finger

<b>3 Exchanges</b>	1 Ocean Sea Alaska Pollock Fillet Fish Finger (Lidl)
	½ Ocean Trader Breaded Fish Cake
	½ Ocean Trader Smoked Haddock Fish Cake
	M&S Breaded Cod Fillets (40g)
	Sunny South Tuna Chunks in Sunflower Oil (30g)
<b>3 ½ Exchanges</b>	1 Donegal Catch Cod fingers
	1 Ocean Sea Cod Fish Finger (Lidl)
	John West Sardines in Brine (40g)
	John West Tuna Steak in Sunflower Oil No Drain (50g)
	M&S Breaded Lemon Sole Goujons (40g)
<b>4 Exchanges</b>	1 Birds Eye Crispy Batter Fish Finger
	John West Sardines in Tomato Sauce (40g)
	John West Tuna Chunks in Sunflower Oil (50g)

## Fruit Snacks

Exchanges	Item and quantity
<b>Free</b>	1 bag Frootz Strawberry High Fruit Buttons (18g)
	1 Fruit Bowl Fruit Peelers Blackcurrant (2 peelers = 1/2 exchange)
	1 Fruit Bowl Fruit Peelers Strawberry (2 peelers = 1/2 exchange)
	1 bag Fruit Bowl Strawberry/ Mango/ Raspberry/ Blackcurrant Flakes (18g)
	1 box Kelkin Kids Raisins (14g)
	1 box Raisin Eddies Californian Raisins (14g)
	1 box Raisin Eddies Raisons & Apricots (14g)
	1 box Raisin Eddies Sultanas & Apples (14g)
	1 box Raisin Eddies Sultanas & Raisins (14g)

<b>Free</b>	100g Shamrocks Dates (200g = 1/2 exchange)
	1 box Sunmaid Raisins (14g)
	1 box Sunmaid Raisins (42.5g) (2 boxes = ½ exchange)
	1 bag Tesco Crunchy Apple Slices (30g)
	1 box Tesco Goodness Seedless Raisins (14g)
	1 bag The Fruit Factory Fruit Stars (20g)
	1 bag Urban Fruit: Smashing Strawberry (35g)
	1 bag Urban Fruit : Magnificent Mango (35g)
	100g Whitworths Sweetened Pineapple
	1 Yoyo Pure Fruit Bear: Blackcurrant/Strawberry/Mango
<b>½ Exchange</b>	1 box Montedoss Mini Raisin Snack Packs (Lidl) (14g)
	1 Fruit Bowl School Bar: Apple/Blackcurrant/Raspberry/Strawberry
	100g Raisin Eddies Californian Raisins
	100g Supervalu Goodness Ready to Eat Dried Apricots
	100g Tesco Dried Cherries
	100g Tesco Soft Figs
	1 packet (60g) Tesco Snacking Raisins and Berries
<b>1 Exchange</b>	100g Forest Feast Whole Dried Cranberries
	Kiddylicious Strawberry Fruity Puffs (10g)
	Kiddylicious Banana Fruity Puffs (10g)
	100g Tesco Goodness Kids Apricots
<b>1 ½ Exchanges</b>	1 bag Kiddylicious Banana Fruity Puffs
	1 bag Kiddylicious Strawberry Fruity Puffs
	1 Kelloggs Fruit Winders Doubles: Apple & Strawberry
	1 Kelloggs Fruit Winders Doubles: Strawberry & Blackcurrant
	1 Kelloggs Fruit Winders Strawberry (17g)
	100g Supervalu Goodness Ready to Eat Dried Figs
	100g Tesco Dried Blueberries



## Meat

Exchanges	Item and quantity
<b>1 Exchange</b>	<b>Beef :</b> 25 grams of Beef, trimmed lean, raw
	25 grams of Minced beef, extra lean, stewed
	18 grams of Rump steak, grilled, lean
	18 grams of Topside, roasted, well done, lean
	<b>Lamb:</b> 12 grams of Lamb, average, lean, raw
	10 grams of Lamb loin chops, grilled, lean
	8 grams of Minced lamb, raw
	10 grams of Roasted lamb, lean
	8 grams of Shoulder lamb, roasted, lean
	<b>Pork:</b> 25 grams of Pork trimmed ,lean, raw
	25 grams of Pork trimmed ,lean, raw
	20 grams of Leg joint roasted, lean
	15 grams of Pork loin chops, grilled, lean
	<b>Venison:</b> 40 grams of Venison roasted

## Meat Products

### Ham

Exchanges	Item and quantity
<b>Free</b>	1 slice Brannans Cooked Lean Ham (Aldi) (2 slices = 1/2 exchange)
	1 slice Tesco Crumbed Deli Style Ham (2 slices = 1/2 exchange)
<b>½ Exchange</b>	1 slice Brannans Deli Style Carved Ham (Aldi)
	1 slice Carrols of Tullamore Original Deli Crumbed Ham
	1 slice Denny Deli Style Cooked Ham
	1 slice Denny Deli Style Crumbed Ham
	1 slice Dunnes Crumbed Ham

<b>½ Exchange</b>	1 slice Dunnes Stores Wafer Thin Irish Ham
	1 slice Dunnes Stores Honey Roast Ham
	1 slice Glensallagh Irish Wafer Thin Cooked Ham (Lidl)
	1 slice Glensallagh Irish Crumbed Ham Reduced Salt (Lidl)
	1 slice Glensallagh Irish Traditional Style Honey Roast/ Smoked Ham (Lidl)
	1 slice Glensallagh Irish Wafer Thin Crumbed Ham (Lidl)
	1 slice Super Valu Deli Style Cooked Ham
	1 slice Super Valu Deli Style Crumbed Ham
	1 slice Super Valu Wafer-Thin Ham
<b>1 ½ Exchanges</b>	Brady Family Hand Crumbed Real Ham (50g)
	Carrols of Tullamore Wafer Thin Ham (50g)
	Dunnes Stores Simply Better Crumbed West Cork Ham (100g)

#### Corned Beef

Exchanges	Item and quantity
<b>1 ½ Exchanges</b>	1 slice Super Valu Corned Beef

#### Rashers

Exchanges	Item and quantity
<b>1 Exchange</b>	1 Tesco Healthy Eating Pale Unsmoked Irish Bacon Medallion (grilled)
	1 Tesco Healthy Eating Smoked Irish Bacon Medallions (grilled)
<b>2 ½ Exchanges</b>	1 Brannans Smoked Back Bacon Rasher (Aldi)
	1 Brannans Unsmoked Back Bacon Rasher (Aldi)
<b>3 ½ Exchanges</b>	100g Better Naked Unsmoked Medallions
	30g Galtee Tendercure Back Rashers
	1 Denny Traditional Rashers
<b>4 Exchanges</b>	1 Galtee Traditional Back Rasher
	Dunnes Stores Smoked Irish Bacon Medallions ½ pack

## Milk

Exchanges	Item and quantity
<b>1 Exchange</b>	30ml Avonmore Fresh Milk
	80ml Avonmore Light 1% Milk
	80ml Avonmore Low Fat Super Milk
	300ml Avonmore Slimline Milk
	1L Dunnes Stores Fresh Irish Skimmed Milk
	1L Morning Fresh Skimmed Milk (Lidl)
	200ml Super Valu Fresh Skimmed Milk
	300ml Tesco Skimmed Milk

## Pancakes

Exchanges	Item and quantity
<b>½ Exchange</b>	1 Tesco Mini Pancake
	100g Homecook Pancake Mix
<b>1 Exchange</b>	1 Genius Gluten Free Scotch Pancake
	100g Odlums american Style Pancake Flour
<b>1 ½ Exchanges</b>	1 Dunnes My Family Favourite Pancake
	1 Dunnes Stores Pancake
<b>2 Exchanges</b>	Gráinne Pancakes (Aldi) (40g)
	1 M&S Scotch Pancake
	100g Odlums Gluten Free Pancake Mix
	1 Tesco Pancakes
<b>2 ½ Exchanges</b>	1 Hovis/Hovis Scotch Pancake
	1 Sunblest Reduced Sugar Pancakes
<b>3 Exchanges</b>	1 Pat the Baker Pancake
	1 Sunblest Pancake

<b>4 Exchanges</b>	1 Bakers Basket at Dunnes Large Pancake
	100g Odlums american Style Pancake Mix Original
	100g Odlums Crepe Style Pancake Mix Original

## Popcorn

Exchanges	Item and quantity
<b>2 Exchanges</b>	Specially Selected Luxury Xtra Buttery Toffee Popcorn (Aldi) (30g)
	Specially Selected Sweet and Salty Luxury Popcorn (Aldi) (30g)
<b>3 Exchanges</b>	Kelkin Lowfat Microwave Popcorn (30g)
	1 bag Propercorn Lightly Sea Salted (30g)
	Tayto 50% Reduced Fat Microwave Popcorn (27g)

## Potato Products

Exchanges	Item and quantity
<b>1 Exchange</b>	1 McCain's Oven Jacket Potato
	1 Tesco Soft Potato Farl
<b>1 ½ Exchanges</b>	1 Birds Eye Mini Potato Waffle
	1 Green Isle Hash Brown
	1 McCain's Smiles (17g)
<b>2 Exchanges</b>	1 M&S Irish Potato Farl
	1 Rankin Irish Potato Farl
	McCain Rustic Oven Chips 3% fat (100g)
<b>2 ½ Exchanges</b>	1 Aunt Bessie Rustic Mini Rosti
	1 Aunt Bessie Chunky Croquette
	1 Dunnes Potato Croquettes
	1 Green Isle Potato Croquettes
	1 Dunnes Potato Waffle

<b>2 ½ Exchanges</b>	1 Tesco Croquette
	Strong Roots Proper Chips (100g)
<b>3 Exchanges</b>	1 McCain's Hash Brown grilled (45g)
	1 McCain's Roast Potato (80g)
	Green Isle Wicked Wedges (100g)
	Tesco Potato Wedges (100g)
<b>3 ½ Exchanges</b>	Aunt Bessies Potato Wedges (100g)
	McCain Original Oven Chips 5% fat (Oven baked/grilled) (100g)
	Dunnes Stores Lightly Spiced Wedges (100g)
<b>4 Exchanges</b>	Dunnes Steak Cut Frying Chips (100g)
	Green Isle Straight Cut Oven Chips (100g)
	1 pack McCain Microchips
	Supervalu Chunky Oven Chips (100g)
<b>4 ½ Exchanges</b>	Dunnes American Style Frying Chips (100g)
	1 Green Isle Waffle
	1 Tesco Potato Waffle
	McCain's Home Chips Straight Cut (grilled) (100g)
	1 Harvest Basket Potato Waffle
<b>5 Exchanges</b>	1 Birds Eye Potato Waffle
	100g McCain's Home Chips Straight Cut (oven baked) (100g)
	McCain's Home Fries Crinkle Cut (100g)
	McCain's Home Fries Crinkle Cut (grilled) (100g)
	Supervalu Oven Chips (oven cooked) (100g)

## Rice Pudding, Custard and Dessert

Exchanges	Item and quantity
<b>1 Exchange</b>	1 pot Ambrosia Light Rice (115g)

<b>1 ½ Exchanges</b>	Alpro Vanilla Soya Custard (100g)
	Tesco Rice Pudding (75g) 1 serving
<b>2 Exchanges</b>	1 pot Tesco Low Fat Custard Ready to Eat (150g)
	1 pot Ambrosia Low Fat Custard (125g)
	1 pot Muller Light Orange Low-fat Dessert (80g)
<b>2 ½ Exchanges</b>	1 pot Alpro Chocolate Soya Dessert (125g)
	1 pot Alpro Caramel Soya Dessert (125g)
	1 pot Alpro Vanilla Soya Dessert (125g)
	1 pot Ambrosia Rice Strawberry (120g)
	1 pot Muller Light Chocolate Dessert (100g) 2 pots = 5½ exchanges
<b>3 Exchanges</b>	1 Alpro Dark Chocolate Soya Dessert (125g)
	1 pot Ambrosia Chocolate Rice Pudding (120g)
	1 pot Ambrosia Rice Apple (120g)
	1 pot Ambrosia Rice Pudding Original(120g)
<b>3 ½ Exchanges</b>	1 pot Aero Bubbly Milk Chocolate Dessert (59g)
	1 pot Ambrosia Banana Flavour Custard (120g)
<b>3 ½ Exchanges</b>	1 pot Ambrosia Strawberry Flavour Custard (120g)
	1 pot Ambrosia Devon Custard (150g)
	Birds Ready to Serve Custard (125g)
	1 pot Tesco Custard (150g)
	1 pot Muller Rice Low-Fat Apple Pudding (170g)
	1 pot Muller Rice Low-Fat Strawberry Pudding (170g)
	1 pot Muller Rice Low-Fat Vanilla and Custard Pudding (170g) 2 pots = 7½ exchanges
<b>4 Exchanges</b>	1 pot Muller Rice Apple (180g)
	1 pot Muller Rice Strawberry (180g)
<b>4 ½ Exchanges</b>	1 pot Muller Rice Original (180g)
	1 pot Ambrosia Chocolate Flavoured Custard (150g)
<b>5 Exchanges</b>	1 pot Ambrosia Rice Original (190g)

## Condiments

Exchanges	Item and quantity
Free	1 teaspoon Amoy Dark Soy Sauce (5ml)
	100ml Amoy Dark Soy Sauce
	1 teaspoon Amoy Light Soy Sauce (5ml)
	100ml Amoy Light Soy Sauce
	100g Ballymaloe Country Relish
	100g Ballymaloe Cranberry Sauce
	100g Ballymaloe Mint Jelly
	100ml Batts Classic BBQ Sauce (Lidl)
	100g Chef BBQ Sauce
	100g Chef Brown Sauce
	100g Chef Ketchup
	100g Chef Sweet & Sticky BBQ Sauce
Free	100g Deluxe Irish Country Relish (Lidl)
	100g Deluxe Irish Jalapeno Pepper Relish (Lidl)
	100g Deluxe Irish Tomato Relish (Lidl)
	100ml Don Carlos Spanish Cider Vinegar
	100g Dr. Wills Mild Siracha Hot Sauce
	100g Dunnes Tomato Ketchup
	100g Dunnes Stores Simply Better Irish Made Cumberland Sauce
	100ml Goodall's of Ireland Gravy Browning
	100ml Goodall's of Ireland Yorkshire Relish
	15ml Heinz Ketchup
	100ml Heinz Ketchup
	100g Heinz no added Sugar & Salt Ketchup
	100g Heinz 50% Less Sugar & Salt Ketchup
	100g Heinz Classic Barbecue Sauce

	100g Heinz Sweet Barbecue Sauce
	100g Heinz Sweet chilli Sauce
	100ml HP Classic BBQ Sauce
	100ml HP Sauce
	100g Kanpur Gardens Mango Chutney
	100ml Kuhne Vinaigrette Dressing
	100ml Maille Dijon Original Mustard
	100ml Tesco Balsamic Vinegar of Modena
	1 tablespoon Tesco Mango Chutney (15g)
	100ml Tesco Red Wine Vinegar
	100ml Tesco Value Brown Sauce
	100ml Tesco BBQ Sauce
	100g Tesco Onion Relish
	100ml YR Sauce
<b>½ Exchange</b>	100g Ballymaloe Ham Glaze
	100g Batts Ploughman's Plum Chutney (Lidl)
	100g Batts Tomato & Chilli Chutney (Lidl)
	100g Baxter's Tomato Chutney
	100g Blue Dragon Sweet Chilli Dipping Sauce
	100g Branston Original Pickle
	100g Cali Cali Smokey BBQ sauce
	100ml Colman's Classic Mint Sauce
	100ml Colman's Cranberry Sauce
	100g Dunnes Family Favourites Tomato Ketchup
	100g Dunnes Stores Family Favourites Reduced Sugar and Salt Ketchup
	100g Dunnes Stores Simply Better hot Chilli Sauce
	100ml Hellmans Fat Free Vinaigrette
	100g Franks RedHot Poriginal Cayene Pepper Sauce
	100g Tabasco Original Red Hot Sauce



	100g Tesco Cranberry Sauce
<b>1 Exchange</b>	100g Batts Mint Sauce (Lidl)
	100g Dunnes Stores Honey & Mustard Ham Glaze
	100ml Dunnes Stores Simply Better Soy & Chilli Dressing
	100g Tobasco Buffalo Hot Sauce

## Cooking Sauces and Stock

Exchanges	Item and quantity
<b>Free</b>	½ pack Amoy Sweet Thai Chilli Stir Fry Sauce (60g)
	½ pack Amoy Tangy Sweet & Sour Stir Fry Sauce (60g)
	100g Blue Dragon Teriyaki Stir Fry Sauce
	½ pack Blue Dragon Sweet & Sour Stir-Fry Sauce (60g)
	½ pack Blue Dragon Oyster & Spring Onion Stir-Fry Sauce (60g)
<b>Free</b>	½ pack Blue Dragon Sweet Chilli and Garlic Stir Fry Sauce (60g)
	100ml Blue Dragon Chilli and Ginger Stir Fry Sauce
	100ml Blue Dragon Sticky Plum Dipping Sauce
	100ml Blue Dragon White Rice Vinegar
	100g Bunalun Organic Crushed Tomato Passata with chilli
	100g Combino Tomato Pasta Sauce with Chunky vegetables (Lidl)
	100g Dolmio Low Fat Bolognaise Sauce
	100g Dolmio Intense Onion and Garlic Sauce
	100g Dolmio Intense Spicy Chilli Sauce
	100g Dolmio Bolognaise Chunky Mushroom
	100g Dolmio Lasagne Tomato Sauce
	100g Dunnes Tomato and herb Pasta Sauce
	100ml Dunnes Stores Japanese Style Teriyaki Sauce and Marinade
	100ml prepared Knorr Stock Pot Chicken /Beef/Vegetables

	100ml prepared Oxo Vegetable Stock Cubes
	100g Roma Passata Sauce
	100g Sharwoods Sweet & Sour Stir Fry Sauce
	100g Sharwoods Szechuan Sweet Chilli and Red Peppers Cook in Sauce
	100ml Sharwoods Real Oyster Sauce
	100g Sharwoods Mango Chutney
	100g Supervalu Passata
	100g Tesco Sweet & Sour Sauce
	100g Uncle Beans Sweet & Sour Sauce
	100g Uncle Bens Sweet & Sour Extra Pineapple
	100g Uncle Bens Sweet and Sour Light
	100g Uncle Bens Sweet & Sour Spicy
	100g Vitasia Sweet & Sour sauce
	100g Weight Watchers Sweet & Sour Sauce
<b>½ Exchange</b>	50ml prepared Bisto Chicken Gravy Granules
	50ml prepared Bisto Favourite Gravy Granules
	100g Dolmio Original Bolognese Sauce
	100g Dolmio Bolognese Chunky Tomato and Basil
	100g El Tequito Chilli Con Carne Sauce (Lidl)
	50ml prepared Erin Gravy Rich
	100ml prepared Knorr Beef Stock Cube
	100ml prepared Knorr Chicken Stock Cube
	1/2 pack Blue Dragon Chow Mein Stir Fry (60g)
	100ml prepared Knorr Lamb Stock Cube
	100ml prepared Knorr Vegetable Cube
	100ml prepared Oxo Beef Cubes
	100ml prepared Oxo Chicken Cubes
	100ml prepared Oxo Stock Pot Beef with onion and rosemary

	100ml Oxo Stock Pot Chicken with garlic and thyme
	100ml Oxo Stock Pot Vegetables with parsley and bay
	100g Lee Kum Kee Honey & Soy Stir-Fry Sauce
	100g Tesco Chinese Style Curry Sauce
<b>1 Exchange</b>	100g Combino Spicy Tomato Pasta Sauce with Mixed Peppers (Lidl)
	100g Combino Tomato Pasta Sauce (Lidl)
	100g Dunnes Lasagne Red Sauce
	100g Dunnes Original Bolognese
	100g Dunnes my family favourites Sweet & Sour Sauce
	100g Sharwoods Kung Po Chinese Cooking Sauce
	100g Sharwoods Black Bean & Red Pepper Chinese Cooking Sauce
	100g Weight Watchers Rogan Josh
<b>1 ½ Exchanges</b>	½ pack Amoy Hoi Sin Stir Fry Sauce (60g)
	½ pack Blue Dragon Spicy Szechuan Tomato Sauce (60g)
<b>1 ½ Exchanges</b>	100g Blue Dragon Black Bean Stir Fry Sauce
	100g Dolmio Pasta Bake Tomato and Cheese
	100g Green Saffron Hot Curry Sauce
	100g Sharwoods Stir Fry Black Bean Sauce
	100g Sharwoods Chinese Curry
	100g Sharwoods Chinese Hoi Sin Marinade
	100g Tesco Black Bean Sauce
	100ml Dunnes Stores Simply Better Hoisin Sauce
	100ml Dunnes my family favourites Black Bean
	100g Lee Kum Kee Kung Pao Chicken Stir-Fry Sauce

## Soup

Exchanges	Item and quantity
<b>Free</b>	100g Avonmore Feel Good Mediterranean Vegetable fresh Soup
	100g Avonmore Feel good Tomato and Basil Soup
	100g Cully and Sully Chixken Broth
	100ml Erin Soupfulls Minestrone
	100g Heinz Lentil Soup
	100g Heinz Minestrone Soup
	190ml prepared Knorr Quick Soup Low Cal Golden Veg
	1 sachet Tesco Soup in a Mug Sweet and Spicy Noodle (powder)
	100g Weight Watchers Country Vegetable Soup
<b>½ Exchange</b>	100g Baxters Country Garden Soup
	100g Baxters Chicken & Vegetable Soup
	100g Baxters Hearty Country Vegetable Soup
	100g Baxters Minestrone Soup
	100g Dunnes Stores Organic Carrot & Ginger Soup
	100g Erin Soupfuls Harvest Vegetables
	100g Erin Soupfulls Beef & Vegetable
	100g Fusion and Street: Mexican Tomato, Red Bean and Corn
	100g Heinz Oxtail Soup
	100g Heinz Weight Watchers Tomato Soup
	250ml (made up) Knorr Minestrone Soup
	1 sachet Knorr QUICK soup Chicken Noodle Soup
	1/2 pack Knorr Special Recipe Soup Traditional Vegetables
	100g Specially Selected Mexcian Bean Soup (aldi)
	200g Tesco Low fat Chicken and Sweetcorn Soup (tinned) 1/2 can
	200g Tesco Low Fat Lentil & Vegetable Soup (tinned) 1/2 can
	200g Tesco Low fat Tomato soup (tinned) 1/2 can

<b>1 Exchange</b>	100g Baxters Italian Tomato & Basil Soup
	100g Cully and Sully Beef Broth
	100g Cully and Sully Veggie Broth
	100g Dunnes Stores Organic Red Lentil & Coconut Milk Soup
	100g Erin Soupfulls Tuscan Tomato & Pasta
	100g Heinz Vegetable Soup
	100g Just Food Organic Carrot and Coriander Soup
	100g Just Food Organic Moroccan Chickpea Soup
	190ml prepared Knorr Low Cal Chicken Soup
	250ml made up Knorr Chicken Noodle Soup
	190ml prepared Knorr Quick Soup Golden Vegetable
	250ml made up Knorr Thick Country Veg Soup
	250ml made up Knorr Tomato Soup
	200ml Newgate Vegetable Soup (Lidl)
	100g Tasty Carrot and Butternut Squash soup (aldi)
	100g Tasty Tomato and Red pepper Soup (aldi)
	100g Tasty Vegetable soup (aldi)
	190ml Tesco Beef and Vegetable Soup (powder) 1/4 packet
	190ml Tesco Chicken and Veg Soup (powder) 1/4 packet
	190ml Tesco Harvest Vegetable Soup (tinned) 1/4 packet
	200g Tesco Minestrone Soup (tinned) 1/2 can
	190ml Tesco Oxtail Soup (powder) 1/4 packet
	200g Tesco Plant Chef Lentil and Pepper Soup (tinned) 1/2 can
	190ml Tesco Potato and Leek Soup (powder) 1/4 packet
	100g Weight Watchers Chicken Soup
<b>1 ½ Exchanges</b>	100g Avonmore Tangine Chicken
	100g Baxters Carrot & Coriander Soup
	100ml Baxter Scotch Broth

<b>1 ½ Exchanges</b>	100g Cully and Scully Honey, Carrot and Coriander Soup
	100g Just Food Orangic Tomato and Roast Veg Soup
	190ml Knorr Quick Soup Oxtail
	100g Supervalu Chicken & Vegetable Soup
	100g Supervalu Minestrone Soup
	233ml Tesco Broccoli & Stilton Soup in a Mug (powder) 1 sachet
	190ml Tesco Farmhouse Chicken Soup (powder) 1/4 packet
	200ml Tesco Plant Chef Tomato, Chickpea and Aubergine Soup (tinned) 1/2 can
<b>2 Exchanges</b>	100g Cully and Scully Pea and Mint Soup
	100g Dunnes Stores Simply Better Chicken and Veg Soup
	100ml Erin Soupfulls Farmhouse Vegetables
	100g Heinz Cream of Tomato Soup
	100g Just Food Orangic Minestrone Soup
	100g Supervalu Leek & Potato Soup
	200g Tesco Chunky Chicken and Vegetable Soup (tinned) 1/2 can
	200g Tesco Plant Chef Tomato and Basil Soup (tinned) 1/2 can
<b>2 ½ Exchanges</b>	100ml Avonmore Vine Ripened Tomato & Basil
	100g Baxters Cream of Tomato soup
	100g Cully and Scully Smoked Haddock and Salmon Chowder
	½ pot M&S Butternut Squash (300ml)
	100g Erin Soupfulls Carrot & Corriander
	100g Erin Soupfulls Chicken, Potato & Mushroom
	100g Fusion and Street: Marrakech Vegetable, Lentils, Cumin and Ginger soup
	100g Just Food Organic Spicy Lentil Soup
	250ml made up Knorr Leek and Potato Soup
	1 sachet Knorr Quick Soup Mushroom
	100g Specially Selected Chickern and Veg Soup (aldi)
	100g Specially Selected Fresh Veg Soup (aldi)

<b>2 ½ Exchanges</b>	100g Tasty Chicken and Veg Soup (aldi)
	233ml Tesco Basil and Tomato Soup in a Mug (powder) - 1sachet
	190ml Tesco Farmhouse Vegetable Soup (powder) 1/4 packet
	190ml Tesco Mushroom Soup (powder) 1/4 packet
	200g Tesco Oxtail Soup (tinned) 1/2 can
<b>3 Exchanges</b>	100g Avonmore Sweet potato, Carrot and Turmeric Soup
	100g Baxters Cream of Chicken soup
	100g Cully and Scully Squashed Veggie Soup
	100g Erin Soupfulls Cream of Mushroom
	100g Heinz Cream of Chicken Soup
	1 packet Knorr Rich and Hearty Country Veg With Pasta
	250ml made up Knorr Oxtail and Veg Soup
	250ml Knorr Carrot and Parsnip Soup
	200ml Newgate Cream of Tomato Soup (Lidl)
	100g Specially Selected Tomato and Basil (aldi)
<b>3 ½ Exchanges</b>	100g Tasty Chicken Soup (aldi)
	233ml Tesco Roast Chicken Soup in a mug (powder) - 1 sachet
	100g Erin Cream of Tomato Condensed Soup
	100g Erin Soupfulls Cream of Chicken
	100g Avonmore Roast Chicken & Hearty Veg Soup
	100g Avonmore Wholesome Chicken and Veg Soup
	100g Avonmore Vine Tomato and Aged Parmesan
	100g Cully and Scully Chicken and Vegetable Soup
	100g Cully and Scully Lentil & Smoked Bacon Soup
	100g Cully and Scully White Winter Vegetable Soup
	100g Cully and Scully Thai Chicken Soup
	100g Fusion and Street: Bangkok Chicken Soup
	100g Heat, Eat & Enjoy Soup Wholesome Vegetable Soup (Lidl)

<b>3 ½ Exchanges</b>	1 sachet Knorr Quick Soup Chicken
	300ml M&S Spicy Lentil 1/2 pot
	100g Supervalu Mushroom Soup
	233ml Tesco Soup in a Mug Vegetable & Croutons (powder) - 1 sachet
<b>4 Exchanges</b>	100g Baxters Cream of Mushroom Soup
	100g Cully and Scully Creamy Tomato and Basil Soup
	100g Dunnes Stores Simply Better Tomato and Basil Soup
	100g Dunnes Stores Simply Better Vegetable Soup
	100g Deluxe Cream of Mushroom Soup (Lidl)
	100g Kinsale Bay Food Company Seafood Chowder
	250ml made up Knorr Cream of Vegetable Soup
	100g Supervalu Vegetable Soup

## Peas, Beans and Legumes

Exchanges	Item and quantity
<b>Free</b>	100g Batchelors Chilli Beans in Chilli Con Carne Style Sauce (200g = 1/2 exchange)
	100g Batchelore Peas and Carrots
	100g Bunalun Organic Baked Beans (200g = 1/2 exchange)
	100g Bunalun Organic Cannellini Beans
	100g Bunalun Lentils in salted water
	100g Heinz Beanz
	100g Heinz Beanz Organic
	100g Heinz Beanz Reduced Sugar
	100g Heinz Five Beanz
	42g Tesco Black Eyed Beans (1 level blue scoop)
	100g Weightwatchers Baked Beans



<b>½ Exchange</b>	100g Batchelors Baked Beans
	100g Batchelors Baked Beans No Added Sugar
	100g Batchelors Butter Beans
	100g Batchelors Irish Peas
	100g Batchelors Irish Peas No Added Sugar
	100g Batchelors Marrowfat Peas
	100g Batchelors Mushy Peas
	100g Batchelors Red Kidney Beans
	100g Biona Organic Baked Beans in Tomato Sauce
	100g Biona Organic Chilli Beans
	100g Biona Organic Green Lentils
	100g Biona Organic Haricot Beans
	100g Biona Organic Mixed Beans
	100g Biona Organic Red Kidney Beans
	100g Bunalun Organic Butter Beans
	100g Campo Largo Red Kidney Beans (Lidl)
	100g Cirio lentils
	100g Cannellini beans
	100g Dunnes Baked Beans
	100g Dunnes Marrowfat Peas
	100g Dunnes Mushy Peas
	100g Dunnes No Added Sugar Baked Beans
	100g Dunnes No Added Sugar Processed Peas
	100g Dunnes Processed Peas
	100g Campo Largo Red Kidney Beans (Lidl)
	100g Cirio lentils
	100g Cannellini beans
	100g Freshona Marrowfat Peas (Lidl)

<b>½ Exchange</b>	100g Freshona Mushy Peas (Lidl)
	200g Heinz Beanz Snap pot
	200g Heinz Five Beanz Snap pots
	100g Heinz Barbecue Beans
	100g Lentils - boiled
	100g Oaktree Baked Beans (Lidl)
	100g Old El Paso Refried Beans
	100g Super Valu Baked Beans
	100g Super Valu No Added Sugar Baked Beans
	100g Super Valu No Added Sugar Processed Peas
	100g Super Valu Processed Peas
	100g Tesco Baked Beans
	100g Tesco Black Eyed Beans
	100g Tesco Butter Beans
	100g Tesco Borlotti Beans
	100g Tesco Cannellini Beans
	100g Tesco Everyday Value Baked Beans
	100g Tesco Reduced Sugar and Salt Baked Beans
	100g Tesco Everyday Value British Mushy Peas
	100g Tesco Everyday Value Red Kidney Beans
	100g Tesco Healthy Living Baked Beans
	100g Tesco Mixed Baked Beans
	100g Tesco Mixed Bean Salad
	100g Tesco Pinto Beans
	100g Tesco Red Kidney Beans
	100g Tesco Red Kidney Beans in Chilli Sauce
	100g Tesco Refried Beans
<b>1 Exchange</b>	100g Batchelors Curried Beans
	100g Biona Organic Black Beans

<b>1 Exchange</b>	275g Fiid Sun Dried Tomato and Lentil Ragu Bowl
	100g Four Seasons Black Beans in water
	100g Freshona Baked Beans (Lidl)
	100g Freshona Processed Peas (Lidl)
	100g Heinz Dhal Curry Lentils
	100g Heinz Fajita Beanz
	100g Heinz Veg Chilli Beanz
	100g Tesco Haricot Beans
<b>1 ½ Exchanges</b>	100g Batchelors Chickpeas
	100g Batchelors Mixed Beans
	100g Bunalun Chickpeas in salted water
	100g Cool Beans Chilli
	100g Cool Beans Original Tomato
	100g Cool Beans Smokey
	100g Dunnes Sweetcorn
	275g Fiid Hearty Chickpea Tagine
	275g Fiid Smoky Black Bean Chilli Bowl
	100g Heinz Tuscan Beanz
	100g Tesco Everyday Value British Garden Peas
<b>2 Exchanges</b>	100g Campo Largo Chickpeas (Lidl)
	100g Freshona Chickpeas (Lidl)
<b>3 Exchanges</b>	100g Tesco Organic Chickpeas

## Vegetable Products

Exchanges	Item and quantity
<b>½ Exchange</b>	1 slice Clonakilty Veggie Pudding (33g)
	1 Quorn Vegan Chicken Slice
	1 Quorn Vegan Smoky Ham Slice

<b>1 Exchange</b>	1 Dee's Spicy Bean Burger
	1 Dee's Traditional Vegan Sausage
	1 Digger Mini Vegetable Spring Roll
	1 slice Rudds Plant Based Veggie Black Pudding
	1 slice Rudds Plant Based Veggie White Pudding
	40g Sons of Butchers Trick'n Strips
<b>1 ½ Exchanges</b>	1 Birds Eye Vegetable Nugget
	1 Dunnes Stores Vegetable Spring Roll
	1 Green Isle Battered Onion Ring
	1 Green Isle Onion Ring
	1/4 pack Quorn Spinach and Red Pepper Slices
	1/4 pack Quorn Bacon Style Rashers
	100g Quorn Fillets
<b>2 Exchanges</b>	1 Tesco Breaded Onion Ring
	1 Daloon Onion Bahji Dipper
	100g Dee's Tex Mex Vegetable Pot: Sweet Potato and Bean Chilli
	100g Dee's Moroccan Vegetable Pot: Chickpea and Potato
	1 Kanpur Gardens Mini Indian Snacks Bhaji (2 bhajis = 4 1/2 exchanges)
	75g Quorn Pieces
	100g Quorn Mince
	1 Quorn sausage
<b>2 ½ Exchanges</b>	1/5 Quorn Roast
	1 Birds Eye Vegetable Finger
	1 Glas Sweet Potato and Chilli Burger
	1 Linda McCartney Vegetarian Sausage
	100g Quorn Chicken Style Pieces
	1 Quorn Hot and Spicy Burger
<b>2 ½ Exchanges</b>	1 Rudds Plant Based Meat Free Sausage

<b>2 ½ Exchanges</b>	1 Birds Eye Vegetable Finger
	1 Glas Sweet Potato and Chilli Burger
	1 Linda McCartney Vegetarian Sausage
<b>3 Exchanges</b>	1 Glas Curried Cauliflower Burger
	1 Glas Garden Vegetable Burger
	1 Tesco Meat Free Vegetable Finger
	1 Kanpur Gardens Mini Indian Snacks Samosa
	1 Rudds Meat Free Sausage

## Yoghurt and Yoghurt Drinks

Exchanges	Item and quantity
<b>Free</b>	1 bottle Actimel 0 % Fat Strawberry (100g)
	1 pot Activia 0 % Forest Fruit (125g)
	1 pot Activia 0 % Peach (125g)
	1 pot Activia 0 % Raspberry (125g)
	1 pot Activia 0 % Strawberry (125g)
	1 pot Activia 0 % Vanilla (125g)
	100g Brooklea Greek Style honey yoghurt
	1 pot Danone Vitalinea Fruit 0 % Strawberry (125g)
	100g Liberte Greek Style Yoghurt - Blueberry/Strawberry/Vanilla
	1 pot Muller Light Greek Style: Honeyed Peach (120g)
	1 pot Muller Light Greek Style: Luscious Lemon (120g)
	1 pot Muller Light Greek Style: Sublime Strawberry (120g)
	1 pot Muller Light Raspberry and Cranberry (175g)
	1 pot Muller Light Smooth Vanilla Yogurt (200g)
	1 pot Muller Light Strawberry Fat Free Yoghurt (200g)
	100g Skyr Icelandic Tradition Nature Yoghurt

<b>Free</b>	1 pot Weightwatchers Citrus Fruit Yogurt Pink Grapefruit (120g)
	1 pot Weightwatchers Citrus Fruit Yogurt Lemon (120g)
	1 pot Weightwatchers Citrus Fruit Yogurt Lemon & Lime (120g)
	1 pot Weightwatchers Citrus Fruit Yogurt Orange & Nectarine (120g)
	1 pot Weightwatchers Summer Fruits- Cherry (110g)
	1 pot Weightwatchers Summer Fruits – Peach (110g)
	1 pot Weightwatchers Summer Fruits – Raspberry (110g)
	1 pot Weightwatchers Summer Fruits – Strawberry (110g)
	1 bottle Yakult (65ml)
	1 bottle Yakult Light (65ml)
<b>½ Exchange</b>	1 bottle Actimel 0 % Fat Original (100g)
	1 pot Benecol Berries Yoghurt Fat Free (125g)
	100g Brooklea Fat Free Greek Style vanilla yoghurt
	100g Brooklea Greek Style 0% fat yoghurt
	200g pot Brooklea Protein Strawberry Yoghurt
	200g pot Brooklea Protein Vanilla yoghurt
	Duneeen 0% fat vanilla yoghurt (100g)
	1 pot Duneeen Dairy 0% fat irish yoghurt (125g)
	100g Graham The Family Dairy Skyr Passion Fruit & Papaya Icelandic Style Yogurt
	100g Graham The Family Dairy Skyr Strawberry Icelandic Style Yogurt
	100g Graham The Family Dairy Skyr Vanilla Icelandic Style Yogurt
	1 pot Muller Light Greek Style Coconut and Vanilla Yoghurt (120g)
	1 pot M&S Count on Us Mango and Passion Fruit (150g)
	1 pot M&S Count on Us Raspberry (150g)
	1 pot M&S Count on Us Rhubarb (150g)
<b>1 Exchange</b>	100g Glenisk Fat Free Natural Yoghurt—Free
	200g pot Brooklea Protein Passionfruit Yoghurt
	100g bottle Danocol Cholesterol 0 %

<b>1 Exchange</b>	1 bottle Munch Bunch Squashums Yoghurt Drink (90g)
	1 Munch Bunch Fromage Frais Peach Apricot/ Apple Pear/ Strawberry Banana (42g)
	1 pot Munch Bunch Fromage Frais reduced sugar (42g)
	1 pot Petit Filous—Strawberry/Raspberry (47g)
	1 Petit Filous Frube (40g)
	1 Tesco Goodness Fromage Frais Strawberry and Banana (50g)
	1 Tesco Peach and Apricot Yoghurt Drink (100g)
<b>1 ½ Exchanges</b>	1 bottle Actimel Forest Fruit (100ml)
	1 bottle Actimel Multifruit (100ml)
	1 bottle Actimel Orange (100g)
	1 bottle Actimel Original (100g)
	1 bottle Actimel Raspberry (100g)
	1 bottle Actimel Strawberry (100g)
	1 bottle Actimel Strawberry and Banana (100ml)
	1 bottle Benecol Light Natural Yogurt Drink (67.5g)
	1 bottle Benecol Strawberry Yogurt Drink (67.5g)
	1 bottle Benecol Blueberry Yoghurt Drink (67.5g)
	1 bottle Benecol Peach and Apricot drink (67.5g)
	1 bottle Benecol Raspberry Yoghurt Drink (67.5g)
	1 bottle Flora Pro-Active Strawberry Yoghurt Drink (100g)
	Glenilen Farm Summer Berries 40g tube
	1 pot Munch Bunch Jelly Delight (85g)
	1 Munch Bunch Squashum Raspberry/Strawberry (60g)
	1 bottle Tesco Cholesterol Reducing Strawberry Flavoured Yogurt Drink (100g)
	1 bottle Tesco Cholesterol Reducing Blueberry Flavoured Yoghurt Drink (100g)
<b>2 Exchanges</b>	1 pot Alpro Blueberry (100g)
	100g Alpro Strawberry with rhubarb
	100g Alpro Vanilla

<b>2 Exchanges</b>	1 pot Benecol Yogurt Summer Fruits Apricot (120g)
	1 pot Benecol Yogurts Summer Fruits Cherry (120g)
	1 pot Benecol Yogurts Summer Fruits Raspberry (120g)
	1 pot Benecol Yogurts Summer Fruits Strawberry (120g)
	1 pot Brooklea Kids Delights Strawberry Fromage Frais (85g)
	100g Duneen Natural Low fat Yoghurt
	100g Glenisk Organic Low Fat Strawberry Yoghurt (100g serving)
	100g Glensik Organic Low Fat Vanilla Yoghurt (100g serving)
	100g Glenisk Organic Low Fat Raspberry and Peach Yoghurt (100g serving)
	1 pot Glenisk Organic Baby Fromage Frais Apple & Pear (60g)
	1 pot Glenisk Organic Baby Fromage Frais Peach & Banana (60g)
	1 pot Glenisk Organic Baby Fromage Frais Strawberry & Apple (60g)
	1 pot Munch Bunch Double Up Fromage Frais Strawberry & Vanilla (85g)
	1 Petit Filous Big Pot (85g)
	1 Petit Filous Frube Shot Pouch (70g)
<b>2 ½ Exchanges</b>	1 pot Alpro Soya Peach and Pear Yoghurt Alternative (125g)
	1 pot Alpro Soya Blackberry (125g)
	1 pot Alpro Strawberry and Banana Yoghurt Alternative (125g)
	1 pot Glenilen Farm Yummy Yogurts Strawberry (85g)
	125g Glenisk Organic Low Fat Yoghurt - Blueberry/Raspberry
	1 pot Glenisk Organic No Added Sugar Vanilla Kids Yoghurt (90g)
	1 pot Munch Bunch Double Up Fromage Frais Strawberry & Banana (85g)
	1 bottle Yop Forest Fruit (180g)
	1 bottle Yop Strawberry (180g)
<b>3 Exchanges</b>	100g Alpro Plain with Almond
	100g Alpro Plain with Coconut
	1 pot Alpro Simply Plain (125g)
	Brooklea Double delights Raspberry and vanilla Fromage Frais (100g pot)
	Brooklea Double delights Strawberry and Banana Fromage Frais (100g pot)
	1 pot Cal In+: Apricot (125g)



<b>3 Exchanges</b>	1 pot Cal In+: Strawberry (125g)
	100g Glenilen Farm Raspberry Yoghurt
	100g Glenilen Farm Summer Berries
	1 pot Glenisk Organic Goats Milk Yogurt, Vanilla & Peach (90g)
	1 pot Glenisk Organic Low Fat Yoghurt Natural (125g)
	1 pot Glenisk Organic No Added Sugar Strawberry Kids Yoghurt (90g)
<b>3 ½ Exchanges</b>	1 pot Cal In+: Vanilla (125g)
	1 pot Cal In+ Cherry (125g)
	1 pot Glenilen Farm Mango and Passionfruit Yoghurt (125g)
	100g Glenilen Farm Natural Yoghurt Pot
	1 pot Glenilen Farm Strawberry and Natural Live Yoghurt (125g)
	1 pot Yoplait Chocolate Yoghurt (125g)
	1 pot Yoplait Forest Fruit Yoghurt (125g)
	1 pot Yoplait Melon & Orange Yoghurt (125g)
	1 pot Yoplait Peach and Raspberry (125g)
	1 pot Yoplait Peach and Strawberry (125g)
	1 pot Yoplait Pear Yoghurt (125g)
	1 pot Yoplait Raspberry Yoghurt (125g)
	1 pot Yoplait Strawberry Yoghurt (125g)
<b>4 Exchanges</b>	1 pot Activia Blueberry (125g pot)
	1 pot Activia Cereals (120g)
	1 pot Activia Blueberry/ Fig/ Rhubarb/ Strawberry/ Raspberry and Peach/ Mango/ (125g)
	1 pot Alpro Go-On Mango (150g)
	1 pot Alpro Go-On Blackcurrant (150g)
	1 pot Duneen Dairy Yoghurt with Multi Grains (125g)
	1 pot Glenilen Farm Raspberry and Natural Live Yoghurt (125g)
<b>4 ½ Exchanges</b>	1 pot Activia Natural (125g)
	1 pot Activia Muesli (125g)
	1 pot Activia Fusions Prune (125g pot)
	1 pot Alpro Go-on Passion Fruit (150g pot)
	1 pot Duneen Dairy Yoghurt with Oats and Seeds (125g)
	100g Duneen Thick and Fruity Strawberry Irish yoghurt

<b>4 ½ Exchanges</b>	100g Glenilen Farm Natural Yoghurt Seeds and Fruit
	1 pot M&S Simply Kids Organic Yogurt Apricot (100g)
	1 pot M&S Simply Kids Organic Yogurt Banana (100g)
	1 pot M&S Simply Kids Organic Yogurt Raspberry (100g)
	1 pot M&S Simply Kids Organic Yogurt Strawberry (100g)
	1 pot Yoplait Natural Yoghurt (125g)

## Treats

The following are treats and should only be eaten once or twice a week at most.

### Biscuits

Exchanges	Item and quantity
<b>½ Exchange</b>	1 Foxs Party Rings biscuit
	1 Jacobs Marietta biscuit
	1 McVities Café Noir biscuit
<b>1 Exchange</b>	1 Chocolate Party Rings biscuit
	1 Crunchie Biscuit
	1 Jacobs Ginger Nuts biscuit
	1 Jacobs Jaffa Cake
	1 Jacob Cocount Cream
	1 Juvela Gluten Free Tea biscuit
	1 Kelkin Gluten Free Jaffa Cake
	1 bag McVities Iced Gems
	1 McVities Jaffa Cake/Lemon & Lime Jaffa cake
	1 Mcvities Jaffa Cake Cherry Flavoured Biscuits
	1 Pally Morning Coffee Biscuits Croustillants
	1 Schar Rich Tea biscuit
	1 Tesco Ginger Nuts
	1 Tesco Jaffa cakes

<b>1 ½ Exchanges</b>	1 Bolands Rich Tea biscuit
	1 Dunnes Ginger Nut biscuit
	1 Dunnes Rich Tea biscuit
	1 Dunnes Stores Milk Chocolate Finger Sticks
	1 Jacobs Figroll
	1 Jacobs Kimberly's biscuit
	1 Jacobs Mikado biscuit
	1 Jacobs Rich Tea biscuit
	1 Juvela Gluten Free Digestive Biscuit
	1 McVities Fig Roll
	1 McVities Classic Rich Tea biscuit
	1 McVities Fruit Shortcake biscuit
	1 McVities Ginger Nut biscuit
	1 Nairns Mixed Berries Oat biscuit
	1 Nairns Stem Ginger Oat biscuit
	1 Tesco Fruit Shortcake Biscuit
	1 Tesco Rich Tea Biscuit
<b>2 Exchanges</b>	1 Bolands Chocolate Bites
	1 Bolands teatime Wafer
	1 Foxs Crinkles Butter biscuit
	1 Fox's Moos
	1 Jacob's J-Os
	1 Jacobs Lincoln Biscuits
	1 Kelkin Milk Chocolate Coated Wafer
	1 Nairns Chocolate Chip Biscuit
	1 Nairns Oat and Fruit Biscuit
	1 Nairns Oat and Syrup biscuit
	1 Oreo biscuit

<b>2 Exchanges</b>	1 Oreo Birthday Party
	1 Oreo Chocolate Cookies
	1 Tesco Fig Roll
	1 Tesco Free From Ginger Nut Biscuit
	1 Tesco Malted Milk Biscuits
<b>2 ½ Exchanges</b>	1 Deli Crunch Milk Chocolate
	1 Dunnes Custard Creams
	Fox's Custard Creams
	1 Foxs Nice Creams
	1 Foxs Rich Tea Creams
	1 Jammie Dodger
	1 Jaccobs Café Di Milano—Chocolate/Hazelnut/Vanilla
	1 Jacobs Digestives
	1 Jacobs Pink Wafer
	1 Jacobs Polo Biscuits
	1 Maryland Chocolate Chip Cookie
	1 Maryland Coconut and Chocolate Chip Crispies
	1 Maryland Double Chocolate Chip Cookie
	1 Oreo Peanut Butter
	1 Oreo Golden
	1 Tesco All Butter Chocolate Chip Shortbread
	Tesco Chocolate Chip Cookie
	Tesco Chunky Chocolate Cookies
	Tesco Custard Cream biscuits
	Tesco Free From Chocolate Chip Cookies

## Cakes

Exchanges	Item and quantity
<b>Free</b>	1 M&S Meringue Nest
<b>½ Exchange</b>	1 slice Gateaux raspberry swiss roll (36g)
<b>1 Exchange</b>	1 M&S Milk Chocolate Mini Teacake (2 teacakes = 2 ½ exchanges)
	1 Tesco Mini Gingerbread Man
<b>1 ½ Exchanges</b>	1 M&S Cook with M&S: 18 All Butter Sweet Pastry Tartlets (2 tartlets = 2 ½ exchanges)
	1 Tesco Crispy Caramel Bite
<b>2 Exchanges</b>	1 M&S Caramel Crispy Bite
	1 M&S Chocolate Cornflake Mini Bite
	1 M&S Fondant Fancies
	1 M&S Honeycomb Mini Bite
	1 M&S Oatberry Cluster Mini Bites (2 bites = 4 1/2 exchanges)
	1 M&S Rocky Road Mini Bites
<b>2 ½ Exchanges</b>	1 Jaffa Cakes Mini Rolls
	1 M&S Chocolate Brownie Mini bites
	1 M&S Iced Raspberry Soft buns
	1 M&S Luxury Hotcross buns
	1 M&S Oat berry cluster mini bites
	1 Mr Kipling French Fancies

## Crisps

Exchanges	Item and quantity
<b>½ Exchange</b>	Tesco Onion Rings (30g)
	Tesco Finest Hand Cooked Root Vegetable Crisps (30g)
<b>2 Exchanges</b>	1 bag Tayto Velvet Crunch Cheddar Cheese and Spring Onion (20g)
	1 bag Velvet Crunch Thai Sweet Chilli (20g)
	1 bag Snack a Jacks Salt and Vinegar (26g)

<b>3 Exchanges</b>	1/2 pack Cali Cali Guilt Free Crisps Buffalo Chiptole (28g)
	1/2 pack Cali Cali Guilt Free Crisps Thai Town Sweet Chilli (28g)
	1/2 pack Cali Cali Guilt Free Crisps Tijuana Hot Sauce (28g)
	1 bag Walkers Baked Cheese and Onion (37.5g)
	1 bag Walkers Baked Salt and Vinegar (37.5g)
<b>3 ½ Exchanges</b>	1 serving Carr's Sour Cream and Chive Sour Cream (25g)
	1 serving Carr's Thai Sweet Chilli Cracker Crisps (25g)
<b>4 Exchanges</b>	1/5 pack Eat Real Hummus Chips Chilli & Lemon (25g)
	Eat Real Hummus Chips Tomato and Basil (25g)
	Eat Real Lentil Chips Tomato & Basil (22g)
	Eat Real Lentil Chips Salted (22g)
	1 bag Tayto Chickatees (17g)
	1 bag Tayto Johnnie Onion Rings
<b>4 ½ Exchanges</b>	1 bag Perri Burger Bites (20g)
	1 bag Pombeare Cheese and Onion (15g)
	1 bag Pombeare Original (15g)
	1 small bag Meanies (17g) (from Multipack)
	Rancheros (20g)
	Tayto Bumper Bundle (20g) from multipack
	Tayto Smokey Bacon (17g)
	Tayto Snax Cheese and Onion (17g)

## Ice Creams and Lollies

Exchanges	Item and quantity
<b>Free</b>	1 Del Monte Smoothie Raspberry Lolly (90ml)
	1 Del Monte 100% Juice Orange Ice Lolly (75ml)
	100g Dunnes Simply Better Lemon Sorbet

<b>Free</b>	100g Dunnes Simply Better Raspberry Sorbet
	100g Dunnes Stores Simply Better Mango & Passionfruit Sorbet
	1 Dunnes Stores Fruit Juice Rocket Lollies
	1 Gelatelli Pianola Cola (Lidl)
	1 Gelatelli Pianola Strawberry Lolly (Lidl)
	1 M&S Valencia Orange Juice Lollies (73ml)
	1 Ribena Blackcurrant Fruit Juice Lollies (75ml)
	1 Rowntrees Fruit Pastille Lolly (65ml)
	1 Tesco Everyday Value Fruit Flavoured Lolly: Lemon/ Strawberry /Orange (35ml)
	1 Tesco Everyday Value Orange Lolly (50ml)
	1 Tesco Finest Valencia Orange Juice Lollies (73ml)
	1 Tesco Goodness Assorted Fruit Lollies: Apple & Blackcurrant / Strawberry & Blackcurrant (35ml)
	1 Tesco Goodness Rocket Lolly (Pineapple/Orange/Strawberry) (58ml)
<b>½ Exchange</b>	1 Calippo Orange/Cola Ice Lolly (105ml)
	1 Tesco Sherbet Ice Lolly (35ml)
	1 Twister (80ml)
<b>1 ½ Exchanges</b>	
	1 Rowntrees Fruit Screammers (15ml)
<b>2 Exchanges</b>	1 Dunnes Assorted Splits Lolly
	1 Dunnes Screwball Ice-Cream
	1 Dunnes Stores Milk Lolly
	1 Dunnes stores Fruit Juice Orange Lollies
	1 Halo Salted Caramel Sticks
	1 M&S Strawberry Split Lolly (73ml)
	100g Oppo vegan Double Salted Caramel swirl
	1 Solero Exotic (90ml)
	1 Solero Red Berries (90ml)

<b>2 ½ Exchanges</b>	1 Dunnes Stores Lemon & Lime Chocolate Lollies
	1 Gianni's Milk Lolly Strawberry (Aldi)
	1 Gianni's Milk Lolly Vanilla (Aldi)
<b>3 Exchanges</b>	100ml Dunnes Stores Soft Scoop Vanilla Ice-Cream
	1 Funny Feet Lolly (79ml)
	1 Gianni's Milk Lolly Chocolate (Aldi)
	100g Halo Top Salt Caramel Ice Cream
	1 Loop the Loop (65ml)
	1 Little Moons Mochi Passionfruit and Mango
	1 M&S Pineapple, Coconut & Lime Lollies (73ml)
	100g Swedish Glace Chocolate non-dairy ice cream
	100g Tesco Real Fruit Splits Blackcurrant
	1 Tesco Free From gluten, wheat & milk Fruit Splits (55g)

## Sweets and Confectionary

Exchanges	Item and quantity
<b>Free</b>	100g Bassetts Jelly Babies
	100g Foxs Glacier Mints
	100g M&S Colin Caterpillar Fruit Flavoured Gums
	100g M&S Mint Crumbles
	100g M&S Percy Pigs
	1 pack Maynards Winegums (52g)
	100g Maynards Winegums
	100g Natural Confectionary Sour Squirms / Mini Bearables / Dinosaurs/ Jungle Jellies/ Jelly Snakes/Party mix (200g— 1/2 exchange)
	100g Oatfield Glucose Barley
	1 pack Rowntree Fruit Pastilles (52.5g)
	100g Rowntree Fruit Pastilles



<b>Free</b>	100g Rowntree Jelly tots
	48g tube Rowntree Fruit Gums
	50g bag Rowntree Randoms sweets
	1 pack Silvermints (30g)
	100g Sugarland Apple Loops (Lidl)
	100g Sugarland Cola Bottles (Lidl)
	100g Sugarland Marshmallows (Lidl)
	100g Sugarland Sour Worms (Lidl)
	100g Sugarland Sweet Berries (Lidl)
	100g Swizzels Climpies
	100g Swizzels Crystal Barley Sugar
	100g Swizzels Crystal Fruits
	100g Swizzels Crystal Liquorice
	100g Swizzels Crystal Mints
	100g Swizzels Drumstick Squashies
	100g Swizzels Fruity Pops
	100g Swizzels Ice Cream Pops
	100g Swizzels Jellies (foam only)
	100g Swizzels Jellies (jelly & foam)
	100g Swizzels Jellies (jelly only)
	100g Swizzels New Refreshers Squashies
	100g Swizzels Scooby Doo Grusome Gums
	100g Swizzels Rip and Tip
	100g Swizzels Wine Gummies Rolls
	100g Swizzels Wine Gummies Sugar Coated Rolls
	100g Tesco Fizzy Cola Bottles
	100g Trebor Softmints Spearmint Mints
	100G Trebor Softmints Peppermint Mints
	100g Trebor Extra Strong Mints

<b>½ Exchange</b>	100g Haribo Fantasy Mix
	100g Haribo Fizzy Cola
	100g Haribo Goldbears
	100g Haribo Starmix
	100g Haribo Tangfastics
	100g M&S Rhubarb & Custard
	100g M&S Sherbet Lemons
	100g Refreshers Softies
	100g Sugarland Foam Fruits (Lidl)
	100g Sugarland Juicy Fruits (Lidl)
	100g Sugarland Sour Fruits (Lidl)
	100g Swizzels Double Dip
	100g Swizzels Double Dip triple
	100g Swizzels Double Lollies Dip
	100g Swizzels Frankie Fizz
	100g Swizzels Love Heart Triple Dip
	100g Swizzels Rainbow Drops
	100g Swizzels Spooky Dip
	100g Swizzels Triple Dip
	100g Tesco Marshmallows
	100g Tesco Midget Gems
	100g Tesco Jelly Beans
<b>1 Exchange</b>	1 stickpack Chewits
	100g M&S Foam Bananas
	100g M&S Midget Gems
	100g Swizzels Double Lollies Dextrose
	100g Swizzels Fizzers Dextrose
	100g Swizzels Super Baby Bottle

<b>1 Exchange</b>	100g Tesco Wine Gums
	100g Wham Softies
<b>1 ½ Exchanges</b>	45g pack Rowntrees Tooty Frooties
<b>2 Exchange</b>	1 pack Skittles Crazy Sours/Skittles Fruit /Skittles Wild Berry (45g)

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

**Always remember to check food labels in case any products have changed.**