

Low Protein Breads

Genius

Available in Tesco



Cinnamon & Raisin Fruit Loaf 1 slice = 1 exchange

Handcrafted Tiger Bloomer 80g serving = 1 ½ exchanges



Soft White Toastie/ Soft White Farmhouse/ Soft Brown Farmhouse 1 slice = 2 exchanges, 2 slices = 3 ½ exchange



Ciabattas 1 = 2 exchanges

Classic Crumpets 1 = 2 ½ exchanges

Brioche Buns 1= 3 exchanges

BFree

Available in Dunnes, Tesco and Supervalu



Panini Rolls/ Burger Buns 1 roll = 1 exchange

Pitta Pocket Stone Baked (6 pack) 1 Pocket = 1 exchange; 2 pockets = 2 ½ exchanges



White Sourdough Loaf 1 slice = 1 ½ exchanges

Wholegrain Sourdough Loaf 1 slice = 2 exchanges; 2 slices 3 ½ exchanges

Tiger Rolls 1 roll = 1 ½ exchanges, 2 rolls = 3 ½ exchanges



Multigrain Wraps 1 wrap = 2 exchanges

Sweet Potato Wraps 1 wrap = 2 ½ exchanges

Pitta Bread Stone Baked (4 pack) 1 pitta = 2 exchanges



Wholegrain Pitta (4 pack) **1 pitta = 3 exchanges**

Soft White Sandwich Loaf **1 slice = 3 exchanges**

Oat Loaf **58g portion approx. 2 slices = 3 exchanges**



Pizza Bases **½ Base = 3 exchanges**

Naan Breads **½ Naan = 2 ½ exchanges**

Bake at Home Demi Baguette **½ baguette = 2 exchanges**

Promise

Available in Tesco, Dunnes and Supervalu



Rustic White Sourdough **1 slice = ½ exchange**

Soft White Loaf **1 slice = ½ exchange, 2 slices = 1 ½ exchanges**

Brioche loaf **1 slice = 1.5 exchanges**

Information correct at time of printing. Always check the label
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Multigrain Loaf/ Chia and Quinoa Loaf/ 12 Seeds and Grains Loaf 1 slice = 1 ½ exchanges,
2 slices = 3 ½ exchanges



Rustic Seed Sourdough 1 slice = 1 ½ exchanges, 2 slices = 3 ½ exchanges

White Tortilla Wraps 1 wrap = 2 exchanges

Seeded Sandwich Slims 1 slim = 2 ½ exchanges



Sourdough Scotch Bap 1 bap = 2 ½ exchanges

Sourdough Baguette ½ baguette = 2 ½ exchanges

Sourdough Soft White Rolls 1 roll = 3 exchanges

Tesco



Free From White Bread 1 slice = ½ exchange, 2 slices = 1 ½ exchanges

Free From Brown Bread 1 slice = 2 exchanges

Free From Seeded Bread 1 slice = 2 ½ exchanges



Free From White Tortilla Wraps 1 wrap = 1 ½ exchanges, 2 wraps = 3 ½ exchanges

Schar

Available in Tesco, Dunnes and Supervalu



Brioche Style Rolls 1 roll = 1 ½ exchanges

Ciabatta Rolls 1 roll = 2 exchanges, 2 rolls = 4 ½ exchanges

Hamburger Buns 1 bun = 2 ½ exchanges

Panini Rolls 1 roll = 3 exchanges

Pizza Bases ½ Base = 3 exchanges

Marks & Spencer



Made Without Wheat Brown Bloomer Slices 1 slice = 1 ½ exchanges

Made Without Wheat Sourdough Cob 1 slice = 1 ½ exchanges, 2 slices = 3 ½ exchanges

Made Without Wheat Tiger Rolls 1 roll = 2 exchanges

Others



Old El Paso Gluten Free Tortillas 1 wrap = ½ exchange, 2 wraps 1.5 exchanges (available in Supervalu and Tesco)

Kelkin Gluten Free Sourdough 1 slice = 2 exchanges, 2 slices = 4 ½ exchanges

Kelkin Gluten Multiseed Sourdough 1 slice = 3 exchanges, 2 slices = 5 ½ exchanges



Aldi The Foodie Market Plain Bagel 1 bagel = 3 exchanges