

Low Protein Ice-Cream

100ml is approximately 2 ice cream scoops

Please measure product for accurate exchange counting

Ice Beam

Available in Supervalu



Ice Beam Very Vanilla per 92g/100ml serving 0.3g protein = **Free**

Ice Beam Very Chocolatey per 92g/100ml serving 1.3g protein = **1 exchange**

Swedish Glace

Sticks available in Tesco only, 750ml tubs available in Supervalu and some Health Food Shops



Smooth Vanilla Soy Ice Cream Stick per 55g stick 0.5g protein = **½ exchange**

Smooth Vanilla Soy Ice Cream per 100ml 0.5g protein = **½ exchange**

Delightful Raspberry Soy Ice Cream per 100ml 0.5g protein = **½ exchange**

Always check the label as ingredients may change

Updated June 2024

Cornetto

Available in Tesco



Cornetto Vegan & Gluten Free per cone 1.1g protein = **1 exchange**

Marks & Spencer (Plant Kitchen Range)

Available in 325ml tubs



Mango & Passion Fruit per 95g/100ml serving 1.2g protein = **1 exchange**

Scottish Raspberry Ripple per 95g/100ml serving 1.5g protein = **1 ½ exchanges**

Caramel Chocolate Sticks per stick 1.8 g protein = **2 exchanges**

Vegan Magnum

Available in some branches of Tesco, Supervalu and Dunnes



Vegan Classic per Stick 1.2g protein = **1 exchange**

Vegan Almond per stick 2g protein = **2 exchanges**

Always check the label as ingredients may change

Updated June 2024

Lidl (Vermondo Vegan Range)



Classic per stick 1.5g protein = **1 ½ exchanges**

Ben & Jerry's (Non-dairy Vegan Range)

Available in Supervalu



Caramel Cafe per 100ml serving 1.1g protein = **1 exchange**

Oat of this World per 100ml serving 1.2g = **1 exchange**

Berry Revolution per 100ml serving 1.6g protein = **1 ½ exchanges**

Nobó Ice-Cream

500ml tubs available in Supervalu, some branches of Dunnes, Tesco, Avoca and many Health food shops



Avocado based Ice cream **from 1 ½ exchanges upwards** per 100ml depending on flavour.
Please check the nutritional label yourself to confirm protein content

Sorbet

Sorbet is another great option as it is much lower in protein than ice cream and many sorbets will be free. Always check the label for protein containing ingredients to see if you need to count exchanges.

Always check the label as ingredients may change

Updated June 2024