

## Low Protein Crisps

Aldi



Snackrite Crunch Delight Cheese & Onion 1 x 20g bag = ½ exchange

Snackrite Melts 1 x 17g bag = ½ exchange    Snackrite Hoops 1 x 25g bag = 1 exchange

Snackrite Monster Claws Hot & Spicy 1 x 26g bag = 1½ exchange



Spuddy's Salt & Vinegar/Smokey Bacon/ Cheese & Onion 1 x 25g bag = 1½ exchange

Snackrite Okey Dokeys Salt & Vinegar/ Buffalo (variety pack) 1 x 25g bag = 1½ exchange

Snackrite Okey Dokeys Cheese & Onion 1 x 25g bag = 2 exchanges



Snackrite Stackers Original/ BBQ/ Salt & Vinegar 40g = 1 exchange

Snackrite Stackers Sour Cream & Onion 35g = 1 exchange

Updated September 2024. Information correct at time of printing and is based on multipack size bags. Always check the label as ingredients can change



Snackerite Lentil Chips Seasalt/ BBQ **1x 15g bag = 1½ exchanges**

Snackerite Cinema Style Handcooked Salted Popcorn **1 x 20g bag = 2 exchanges**

### Tayto



Tayto Snax/ Tayto Skips **1 x 17g bag = ½ exchange**

Tayto Treble Crunch Cheddar & Spring Onion/ Tayto Onion Rings **1 x 20g bag = 1 exchange**



Tayto Meanies/ Chickatees/ Cheesatees **1 x 17g bag = 1 exchange**

Tayto Rancheros **1 x 20g bag = 1 exchange**





Tayto Salted/ Salt & Vinegar **1 x 25g bag = 1 exchange**

Tayto Cheese & Onion/ Smokey Bacon (from Variety pack) **1 x 25g bag = 1½ exchanges**



Tayto Chipsticks **1 x 28g bag = 1½ exchanges**

Tayto Waffles/ Mighty Munch **1 x 26g bag = 1½ exchanges**

Tayto Burger Bites **1 x 20g bag = 1½ exchanges**



Hunky Dory Salt & Malt Vinegar **1 x 25g bag = 1 exchanges**

Buffalo/ Cheddar Cheese & Spring Onion **1 x 25g bag = 1½ exchanges**

## Hula Hoops



Hula Hoops Original/ Hula Hoops Salt & Vinegar **1 x 24g bag = ½ exchange**  
 Hula Hoops BBQ Beef/ Hula Hoops Cheese & Onion **1 x 24g bag = 1 exchange**

## Pom-Bear



## Popchips



Pom Bear Original/ Pom Bear Cheese and Onion **1 x 13g bag = ½ exchange**  
 Popchips BBQ/ Popchips Sour Cream and Onion **1 x 17g bag = 1 exchange**

## King



## Pringles



King Cheese and Onion **1 x 25g bag = 1½ exchange**  
 Pringles Original **1 x 40g tub = 1½ exchange**



## Walkers



Walkers Quavers 1 x 16g bag = ½ exchange

Walkers Wotsits Really Cheesy 1 x 16.5g bag = 1 exchange

Walkers Wotsits Crispy Bacon/ Wotsits Cheese Toastie 1 x 12g bag = 1 exchange

Walkers Monster Munch Pickled Onion 1 x 20g bag = 1 exchange



Walkers Baked Sea Salt 1 x 25g Bag = 1 exchange

Walkers Lightly Salted 1 x 25g bag = 1½ exchanges

Walkers Cheese & Onion/ Oven Baked Cheese & Onion 1 x 25g bag = 1½ exchanges



Walkers Salt & Vinegar/ Oven Baked Salt & Vinegar 1 x 25g bag = 1½ exchanges

Walkers Prawn Cocktail/ Oven Baked Prawn Cocktail 1 x 25g bag = 1½ exchanges

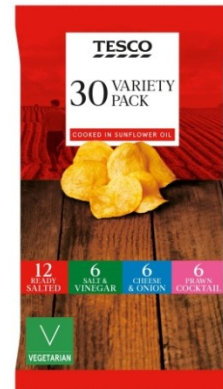
**Tesco**



**Tesco Bunny Bites 1 x 19g bag = ½ exchange**

**Tesco Onion Rings/ Cheese Puffs (variety pack) 1 x 17g bag = 1 exchange**

**Tesco Bacon Rashers 1 x 19g bag = 1 exchange**



**Tesco Cheese & Onion/ Tesco Ready Salted/ Tesco Salt & Vinegar/ Tesco Prawn Cocktail (variety pack) 1 x 19g bag = 1½ exchange**

**Others**



**Golden Wonder Cheese & Onion 1 x 25g bag = 1½ exchanges**

**Stockwell & Co Variety (all flavours) 1 x 25g bag = 1½ exchanges**