

Low Protein Crisps

Aldi



Snackrite Crunch Delight Cheese & Onion 1 x 20g bag = 1 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 29g = 1 exchange

Snackrite Stackers Sour Cream & Onion 29g = 1 exchange

Updated October 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 **1 x 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 1 x 25g bag = 1 exchange

Tayto Cheese & Onion/ Smokey Bacon/ salt & Vinegar (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



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

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



Snack A Jacks Sweet Chilli/ Sour Cream & Chive 5 Pack 1 x 19g bag = 1 ½ exchanges

Snack A Jacks Zingy Salt & Vinegar 5 Pack 1 x 19g bag = 1 exchange

Tayto Mighty Munch Hot & Spicy 6 Pack 1 x 26g = 1 ½ exchanges

Propercorn Sweet And Salty Popcorn 6 Pack 1 x 14g = 1 exchange

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



King Cheese and Onion **1 x 25g bag = 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 22g Bag = 1 ½ exchange

Walkers Lightly Salted 1 x 25g bag = 1½ exchanges

Walkers Cheese & Onion/ Oven Baked Cheese & Onion 1 x 22g bag = 1½ exchanges



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

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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 ½ exchanges**



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**

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