

Low Protein Crisps

Aldi



Snackerite Satin Crunch Thai Sweet Chilli 1 x 20g bag = Free

Snackerite Satin Crunch Cheddar Cheese & Spring Onion 1 x 20g bag = ½ exchange

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



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

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



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

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

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



Snackrite Stackers Original/ BBQ/ Salt & Vinegar 29g = 1 exchange

Snakerite Stackers Sour Cream & Onion 29g = 1 exchange



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

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

Tayto



Tayto Snax 1 x 17g bag (from multipack) = ½ exchange/ 26g single bag = 1 exchange

Tayto Skips 1 x 17g bag = ½ exchange (multipack and single bag the same)

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 (from multipack) = 1 exchange/ 31g single bag = 2 exchanges



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 (from multipack) = 1½ exchanges/ 33g single bag = 2 exchanges

Tayto Waffles 1 x 26g bag (from multipack) = 1½ exchanges / 31g single bag = 2 exchanges

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



Tayto Mighty Munch 1 x 26g bag (from multipack) = 1½ exchanges / 31g single bag = 2 exchanges

Tayto Burger Bites 1 x 20g bag = 1½ exchanges



Hunkey Dory Salt & Malt Vinegar 1 x 25g bag (from multipack) = 1 exchanges / 37g single bag = 1½ exchanges

Buffalo/ Cheddar Cheese & Spring Onion 1 x 25g bag (from multipack) = 1½ exchange/ 37g single bag = 2 exchanges

Hula Hoops



Hula Hoops Original 1 x 24g bag (multipack) = ½ exchange/ 34g single bag = 1 exchange

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

Snack a Jacks



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

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**

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

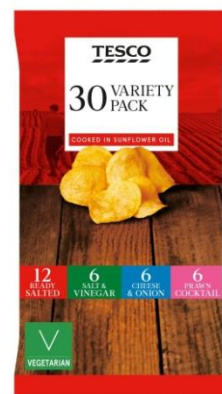
Tesco



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

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

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