

VEGETABLES

Exchange free

Aubergine	Mangetout
Beetroot	Onions
Butternut squash	Parsnips
Cabbage	Peppers
Carrots	Pumpkin
Celery	Radish
Courgette	Rocket
Cucumber	Runner beans
Curly kale	Scallions
Fennel	Shallots
French beans	Spring onion
Gherkin	Sugar snap peas
Green beans	Swede
Leeks	Tomato
Lettuce	Turnip



DAILY EXCHANGE ALLOWANCE:

LOW PROTEIN FOODS (CMS LIST)

Exchange free

Rice: (Mevalia/Loprofin)
 Pasta: (Mevalia/Loprofin/Promin)
 Pasta Meal: (Promin)
 Bread: (Mevalia/ Promin)
 Crackers: (Loprofin)
 Mini Crackers: (Vitaflo)

DAIRY & ALTERNATIVES

Exchange free:

Prozero milk

Butter

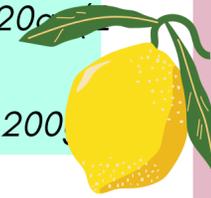
1 exchange measurements:

Milk: 30 ml

Cream Cheese: Philadelphia - 20g

White Scoops)

Yogurt: Koko Dairy Free Original - 200g



FRUIT

Exchange free



Mandarins	Apple
Melon	Apricots
Olives	Blackberries
Passionfruit	Blackcurrants
Peaches	Blueberries
Pears	Cherries
Pineapple	Clementine
Plums	Cranberries
Prunes	Currants
Raisins	Dates
Raspberries	Figs
Rhubarb	Gooseberries
Satsumas	Grapefruit
Star fruit	Grapes
Strawberries	Jackfruit
Sultanas	Kiwi
Tangerines	Lemons
Watermelon	Limes

LIMITED FRUIT & VEGETABLES

Portions listed below are free. If more than one portion is eaten, additional portion is counted as an exchange.



Bananas: 1 banana
 Broccoli: 8 florets (85g)
 Brussel sprouts: 6 sprouts (90g)
 Cauliflower: 9 small florets (90g)
 Mushrooms: 5 medium mushrooms (80g)
 Oranges: 1 orange
 Pomegranate: 1 pomegranate
 Spinach: 45g (1 blue scoop)
 Sweet potato: 80g (1 1/2 blue scoops)



LOW PROTEIN FOOD LIST



HERBS

Exchange free

Basil
 Cinnamon
 Corriander
 Ginger
 Oregano
 Paprika
 Rosemary
 Thyme
 Turmeric

EXCHANGE FRUIT & VEGETABLES

Measurements listed = 1 exchange

Potato: 1 small/'egg-sized' (80g boiled/mash)
 Avocado: 1/2 medium (75g without stone)
 Peas: 2 level tbsp (frozen) (22g uncooked)
 Sweetcorn: 1 level blue scoop (35g)
 Baby corn: 5 baby corn (85g cooked)

GRAINS

Measurements listed = 1 exchange

Rice: One blue scoop (32g cooked)
 Couscous: One blue scoop (26g cooked)
 Quinoa: One blue scoop (23g cooked)
 Pasta: Regular penne pasta (20g cooked)
 Oats:
 • 2 level tbsp Readybrek (8g uncooked)
 • 1/2 Weetabix (10g dried)
 • 1 heaped tbsp porridge oats (10g uncooked)
 • Bunalun Organic Oat Cakes Regular size - 2 cakes



PROTEIN

Measurements listed = 1 exchange

Lentils: 1 tsp dried red split (4g uncooked)
 Kidney Beans: 1 tbsp (12 beans, 15g cooked)
 Chickpeas: 1 tbsp (14 chickpeas, 14g cooked)
 Butter Beans: 1 tbsp (7 butterbeans, 17g cooked)
 Baked beans: 1 tbsp (20g)