

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)

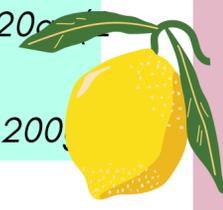
Exchange free

- 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
 Tumeric

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)