

Low Protein Ice Cream

Oppo



Oppo Refreshed Sicilian Lemon & Strawberry 3 pack (3 x 90ml) 1 x 90ml ice cream = **free**

Oppo Mango and Passion Fruit 3 pack (3 x 95ml) 1 x 95ml = **free**

Oppo Raspberry Coulis Swirl 3 pack (3 x 95ml) 1 x 95ml ice cream = **free**

Tesco Own Brand



Tesco Raspberry Sorbet (500ml) per 100ml = **free**

Tesco Lemon Sorbet (500ml) per 100ml = **free**

Tesco Mango Sorbet (500ml) = **½ exchange**

Tesco Tropical Ice Creams (3 x 100ml) per 100ml ice cream = **1 ½ exchanges**

Updated May 2025.

Please note that all products are correct at time of printing, please read labels as products can change.

Swedish Glace



Swedish Glace Dairy Free Vanilla Ice cream (750ml) per 100ml = ½ exchange

Swedish Glace Dairy Free Raspberry Ice cream (750ml) per 100ml = ½ exchange

Cornetto



Cornetto Non Dairy Vegan Gluten Free Soy Vanilla Ice Cream Cone 4 pack (4 x 90ml) 1 x 90ml ice cream = 1 exchange

Cornetto Strawberry Ice cream Cones 6 pack (6 x 90ml) 1 x 90ml = 1 ½ exchanges

Ben & Jerry's



Ben & Jerry's Sundae Non Dairy Oat of this Swirled (427 ml) per 100ml= **1 exchange**

Ben & Jerry's Bohemian Raspberry Non Dairy Ice Cream (465ml) per 100ml = **1 exchange**

Solero



HB Solero Exotic 3 pack (3 x 90ml) 1 x 90ml ice cream = **1 exchange**

HB Solero Berry Bliss 3 pack (3 x 90ml) 1 x 90ml ice cream = **1 exchange**

HB Solero Orange Burst 3 pack (3 x 90ml) 1 x 90ml ice cream = **1 exchange**

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Magnum



Magnum Vegan Classic 3 pack (270ml) 1 x 90ml ice cream = 1 exchange

Magnum Vegan Almond 3 pack (270ml) 1 x 90ml ice cream = 1 exchange

Magnum Mini Classic 6 pack (6 x 55ml) 1 x 55ml ice cream = 1 ½ exchanges

Carte D'Or



Carte D'or Madagascar Vanilla (900ml) per 100ml = 1 exchange

Carte D'or Strawberry (900ml) per 100ml = 1 ½ exchanges

Carte D'or Chocolate (900ml) per 100ml = 1 ½ exchanges



Carte D'or Solero Exotic (825ml) per 100ml = ½ exchange

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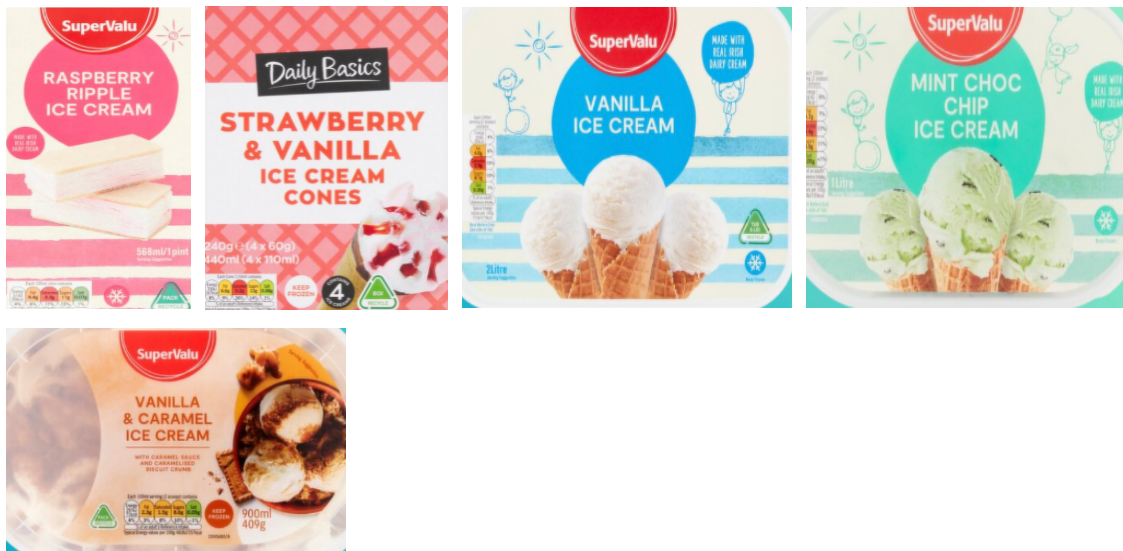
Halo Top



Halo Top Plant based Salted Caramel (473ml) per 100ml = **2 exchanges**

Halo Top Plant based Vanilla Fudge Brownie (473ml) per 100ml = **2 exchanges**

Supervalu Own Brand



Supervalu Raspberry Ripple Ice cream (568ml) per 100ml slice = **1 ½ exchanges**

Daily Basics Strawberry & Vanilla Ice Cream Cones 4 Pack (4 x 110ml)

1 x 110ml cone = **1 ½ exchanges**

Supervalu Vanilla Ice Cream (1L) per 100ml = **1 exchange**

Supervalu Mint Chocolate Chip Ice cream (1L) per 100ml = **1 ½ exchanges**

Supervalu Vanilla & Caramel Ice Cream (900ml) per 100ml = **1 ½ exchanges**

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Lidl



Vermondo Vegan Waffle Cones Cookie Dough (4 pack)

1 x 130ml ice cream cone = **1 ½ exchanges**

Gelatelli Mini Chocolate/Strawberry Ice Cream Cones (12 pack)

1 x 17.8g ice cream cone = **½ exchange**

Aldi



Giavanni's Mini Cones Chocolate/Vanilla (12 pack) 1x 28ml ice cream cone = ½ exchange

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Dunnes Stores



Dunnes Stores Simply Better Italian Lemon/ Mango & Passion Fruit/ Raspberry Sorbet
(275g) per 100g = $\frac{1}{2}$ exchange

Most sorbets are low in protein however check the label before consumption.

Sláinte Leanaí Éireann



Children's Health Ireland

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