

Low Protein Manufactured Foods List 2025

(Free from protein unless stated otherwise)

The traffic light colours beside each food are to show if the item is **high**, **medium** or **low** when compared against the Irish Heart Foundation guidelines for sugar, saturated fat and salt per 100g of prepared product. Please speak to your dietitian for further guidance on choosing a balanced selection of low protein foods.

Staple foods:

Milk Drink				
VitaFlo	Prozero 250ml	18 x 250ml		GMS: 81195
	Prozero 1 litre	6 x 1litre		GMS: 81283
Nutricia	Duocal Super Soluble	400g		GMS: 84913
	Loprofin Drink LQ (count as exchanges)	24 x 200ml		GMS: 81175
Taranis	Dalia Liquid Milk (may need to count as exchanges)	24 x 200ml		GMS: 81484
	Dalia Powdered Milk (may need to count as exchanges)	400g		GMS: 85073
Nutricia	Sno-Pro Milk (may need to count as exchanges)	27 x 200ml		GMS: 83771
Bread				
Firstplay Dietary Foods	Promin Low Protein Farmhouse Loaf	400g		GMS: 81345
VitaFlo	Mevalia Pan Carré Low Protein white sliced bread (may need to count as exchanges)	300g		GMS: 81327
	Mevalia Ciabattine low protein white bread rolls (may need to count as exchanges)	4x 65g		GMS: 81346
Flour Mixes				
Fate	Fate All Purpose Flour Mix	2 x 250g		GMS: 81299
Firstplay Dietary Foods	Promin All Purpose Baking Mix	1000g		GMS:82701
VitaFlo	Mevalia Bread/Cake Mix	500g		GMS: 81350
Nutricia	Loprofin Mix	500g		GMS: 81819
Other Mixes				
Firstplay Dietary Foods	Promin Potato Cake Mix (count as exchanges)	300g		GMS:82707
Taranis	Taranis Pancake and Waffle Mix	300g		GMS: 85096
Crackers				
Nutricia	Loprofin Plain Crackers	150g		GMS: 81205
	Loprofin Herb Crackers	150g		GMS: 81205
VitaFlo	Choices Mini Crackers	15 x 40g		GMS: 59112
Egg Replacer				
Taranis	Taranis Egg Substitute	250g		Purchase*
Nutricia	Loprofin Egg Replacer	2 x 250g		GMS: 81672
	Loprofin Egg White Replacer	100g		GMS: 81684
Firstplay Dietary Foods	Low Protein Scrambled Egg and Omelette Mix	500g		GMS: 81374

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

Pasta and Rice				
Firstplay Dietary Foods	Promin Low Protein Alphabets	500g		GMS: 81120
	Promin Low Protein Alphabets - Tricolour	500g		GMS: 81322
	Promin Low Protein Elbows	500g		GMS: 81120
	Promin Low Protein Elbows - Tricolour	500g		GMS: 81322
	Promin Low Protein Shells	500g		GMS: 81120
	Promin Low Protein Shells - Tricolour	500g		GMS: 81322
	Promin Low Protein Spirals	500g		GMS: 81120
	Promin Low Protein Spirals - Tricolour	500g		GMS: 81322
	Promin Low Protein Flat Noodles	500g		GMS: 81381
	Promin Low Protein CousCous	500g		GMS: 81201
	Promin Low Protein Lasagne Sheets	200g		GMS: 81062
	Promin Low Protein Pastameal	500g		GMS: 82724
	Promin Low Protein Rice	500g		GMS: 83330
	Promin Low Protein Macaroni	500g		GMS: 81063
	Promin Low Protein Short Cut Spaghetti	500g		GMS: 83020
Nutricia	Loprofin Rice	500g		GMS: 81016
	Loprofin Animal Pasta	500g		GMS: 83018
	Loprofin Lasagne	250g		GMS: 81113
	Loprofin Long Spaghetti	500g		GMS: 83020
	Loprofin Macaroni	250g		GMS: 81063
	Loprofin Fusilli	500g		GMS: 83019
	Loprofin Penne	500g		GMS: 83007
	Loprofin Tagliatelle	250g		GMS: 81069
VitaFlo	Mevalia Fusilli	500g		GMS: 81326
	Mevalia Rice	400g		GMS: 81365
	Mevalia Spaghetti	200g		GMS: 81366
Sauce				
Firstplay Dietary Foods	Promin Low Protein Cheese Sauce Mix (may need to count as exchanges)	225g		Purchase*
Cheese Substitute				
Taranis	Taranis Cheese Substitute	6 x 20g		Purchase*
Mash				
Firstplay Dietary Foods	Promin Instant Mash Potato Mix (count as exchanges)	300g		GMS: 82706

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

Foods suitable for children aged 3 and over due to their salt content:

Meat and Fish Substitutes				
Firstplay Dietary Foods	Promin Burger Mix – Original Flavour (count as exchanges)	4 x 62g		GMS: 82702
	Promin Burger Mix – Beef (may need to count as exchanges)	4 x 62g		GMS: 82703
	Promin Burger Mix – Chilli (may need to count as exchanges)	4 x 62g		GMS: 82705
	Promin Burger Mix – Chicken (count as exchanges)	4 x 62g		GMS: 82704
	Promin Burger Mix - Lamb and Mint (count as exchanges)	4 x 62g		GMS: 81072
	Promin Sausage Mix – Original (may need to count as exchanges)	4 x 30g		GMS: 81385
	Promin Sausage Mix - Apple and Sage (may need to count as exchanges)	4 x 30g		GMS: 81385
	Promin Sausage Mix - Tomato and Basil (may need to count as exchanges)	4 x 30g		GMS: 81385
Taranis	Taranis Low Protein Fish Substitute (count as exchanges)	4 x 62g		Purchase*

Sometimes Foods:

If used, we recommend a maximum of 1-2 per week as part of a healthy diet.

Breakfast/Cereals				
Firstplay Dietary Foods	Promin Hot Breakfast - Original	6 x 56g		GMS: 81018
	Promin Hot Breakfast - Apple and Cinnamon	6 x 57g		GMS: 81018
	Promin Hot Breakfast - Banana	6 x 57g		GMS: 81018
	Promin Hot Breakfast – Chocolate (may need to count as exchanges)	6 x 57g		GMS: 81018
	Promin Breakfast Bars -Apple and Cinnamon	6 x 40g		Purchase*
	Promin Breakfast Bars -Banana	6 x 40g		Purchase*
	Promin Breakfast Bars -Chocolate and Cranberry	6 x 40g		Purchase*
	Promin Breakfast Bars -Cranberry	6 x 40g		Purchase*
	Promin Cereal – Chocolate	340g		GMS: 81333
Nutricia	Loprofin Cereal Loops	375g		GMS: 81098
	Loprofin Breakfast Flakes - Strawberry	375g		GMS: 81098
	Loprofin Breakfast Flakes - Chocolate	375g		GMS: 81098
Pasta in Sauce Meals				
Firstplay Dietary Foods	Promin Pasta Spirals in Tomato, Pepper and Herb Sauce (count as exchanges)	4 x 72g		GMS: 83036
	Promin Pasta Elbows in Cheese and Broccoli Sauce (may need to count as exchanges)	4 x 66g		GMS: 81243
	Promin Pasta Shells in Moroccan Sauce (count as exchanges)	4 x 72g		GMS: 81274

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.







Pot Meals				
Firstplay Dietary Foods	ProminMacpot - Macaroni Cheese (may need to count as exchanges)	4 x 61g		Purchase*
	ProminMacpot - Tomato Macaroni (may need to count as exchanges)	4 x 61g		Purchase*
	Promin Potato Pot -Cabbage, Bacon and Croutons (count as exchanges)	4 x 50g		Purchase*
	Promin Potato Pot -Onion and Croutons (count as exchanges)	4 x 50g		Purchase*
	Promin Potato Pot -Sausage and Croutons (count as exchanges)	4 x 50g		Purchase*
	ProminXpot - All Day Scramble (may need to count as exchanges)	4 x 60g		Purchase*
	ProminXpot - Beef and Tomato	4 x 60g		Purchase*
	ProminXpot - Rogan Style Curry (may need to count as exchanges)	4 x 60g		Purchase*
	ProminXpot - Chip Shop Curry (may need to count as exchanges)	4 x 60g		Purchase*
Risotto Meals				
Taranis	Taranis Risotto (may need to count as exchanges)	4 x 300g		GMS: 85105
Soup				
Firstplay Dietary Foods	Promin Low Protein Soup - Creamy Tomato with Croutons (may need to count as exchanges)	4 x 23g		Purchase*
	Promin Low Protein Soup - Creamy Chicken with Croutons (may need to count as exchanges)	4 x 28g		Purchase*
	Promin Low Protein Soup – Minestrone with Croutons (may need to count as exchanges)	4 x 28g		Purchase*
	Promin Low Protein Soup - Pea and Mint with Croutons (may need to count as exchanges)	4 x 23g		Purchase*
Biscuits				
Taranis	Taranis Raspberry Shortbread	4 x 30g		GMS: 85084
	Taranis Shortbread	4 x 30g		GMS: 85084
	Taranis Biscuits with Caramel Shards	4 x 32.5g		GMS: 85085
VitaFlo	Mevalia Fruit bar	5x 25g		GMS: 81325
	Mevalia Cookie	200g		GMS: 81354
	Mevalia Follini Shortbread (may need to count as exchanges if 6 + eaten)	200g		GMS: 81356
Cake and Cake Mix				
Fate	Fate Low Protein Chocolate Cake Mix	2 x 250g		GMS: 81299
	Fate Low Protein Cake Mix	2 x 250g		GMS: 81299
Firstplay Dietary Foods	Promin Low Protein Classic/Chocolate Cake Mix	500g		GMS: 81371
Nutricia	Loprofin Chocolate Cake Mix (count as exchanges)	500g		GMS: 81819
Taranis	Taranis Natural Cake Mix (may need to count as exchanges if 2 portions eaten)	300g		GMS: 85088
	Taranis Low Protein Cakes - Lemon	6 x 40g		GMS: 85087
	Taranis Low Protein Cakes - Pear	6 x 40g		GMS: 85087

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

Chocolate				
VitaFlo	Vitabite Low Protein Chocolate Bar	7 x 25g		GMS: 81735
Crisps				
Firstplay Dietary Foods	Promin Low Protein Snax - Jalapeno	12 x 25g		Purchase*
	Promin Low Protein Snax - Cheese and Onion	12 x 25g		Purchase*
	Promin Low Protein Snax - Salt and Vinegar	12 x 25g		Purchase*
	Promin Low Protein Snax - Ready Salted	12 x 25g		Purchase*
Desserts				
Firstplay Dietary Foods	Promin Low Protein Rice Pudding - Apple	4 x 69g		GMS: 81074
	Promin Low Protein Rice Pudding – Strawberry (may need to count exchanges)	4 x 69g		GMS: 81074
	Promin Low Protein Dessert - Chocolate and Banana	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Custard	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Caramel	6 x 36.5g		GMS: 83037
	Promin Low Protein Dessert - Strawberry and Vanilla	6 x 36.5g		GMS: 83037
	Promin Low Protein Rice Pudding - Original	4 x 69g		GMS: 81074
	Promin Low Protein Rice Pudding - Banana	4 x 69g		GMS: 81074
Taranis	Taranis Pause Dessert – Caramel (high kcal)	4 x 125g		Available for individual reimbursement on a patient specific basis through the hardship scheme
	Taranis Pause Dessert – Strawberry (high kcal)	4 x 125g		Available for individual reimbursement on a patient specific basis through the hardship scheme
Spread				
Taranis	Taranis Hazelnut Flavour Spread	230g		GMS: 85101

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

If your chemist has problems getting any product, please contact the relevant company or distributor using the following details.

Manufacturer	Contact	Distributor	Phone Numbers
Fate 	Eileen Green Phone: (UK) 00441384233775	iMed Healthcare www.imed.ie	01-8809180
Nutricia 	Sinead Haughey (REP) 0871407845 Phone: 1800 923535 Sinead.haughey@nutricia.com metabolic@nutricia.com	United Drug (Pemberton) cs.pemberton@united-drug.com	01-4632300 or 01-4598877
Promin/ FirstplayDietaryFoods 	Phone: (UK) 0044161 4804602 katya.sheridan@firstplaydf.com www.prominpk.com	Biofact www.biofact.ie	01-6012544
Taranis / Lactalis Nutrition 	Rachel Zatti Phone: (France) 0299 49 20 89 Rachel.Zatti@fr.lactalis.com	Biofact www.biofact.ie	01-6012544
VitaFlo  Mevalia 	Suzie O'Neill (Rep) Suzie.oneill@vitaflo.ie 083 354 3379 Amy Graham (Customer Care Manager) Amy.Graham@vitaflo.ie 083 008 1251 Claire Hawkins (Business Manager) Clairequinn@vitaflo.ie 083 801 6652 VitaFloireland@vitaflo.ie	Uniphar/Allphar and United Drug	01-4041600 01- 4687501 info@uniphar.ie 01-463 2300

For pharmacy queries (not supply related queries) please contact the metabolic dietitians.

Email: metabolic.dietitians@childrenshealthireland.ie or phone 01 878 4317

**Can be purchased directly from chemist, distributor or First Play Dietary Foods.*

Manufactured Low Protein Foods that Contain Exchanges

PKU:

Item	Quantity	No. of Exchanges
Loprofin Drink LQ	1 carton	½ exchange
Loprofin Chocolate Cake Mix	50g serve prepared	½ exchange
Mevalia Ciabattine low protein white bread rolls	2 bread rolls	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	1 exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	1 exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 exchange
Promin Low Protein Pasta Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Instant Mash Potato Mix	130g prepared serving	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Potato Cake Mix	130g prepared serving	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Snopro milk	<160ml	free
	160ml	½ exchange
	300ml	1 exchange
Taranis Dalia Liquid Milk	< 312 ml	free
	313 ml	½ exchange
	594ml	1 exchange
Taranis Fish Substitute	31g portion made to instructions	½ exchange

HCU:

Item	Quantity	No. of Exchanges
Loprofin Drink LQ	134ml	½ exchange
Loprofin Chocolate Cake Mix	50g serve prepared	½ exchange
Mevalia Pan Carre low protein sliced bread	2 slices	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Sausage Mix- Original	1 sachet	½ exchange
Promin Low Protein Pasta Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Instant Mash Potato Mix	130g prepared serving	½ exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

HCU Continued

Item	Quantity	No. of Exchanges
Promin Low Protein Potato Cake Mix	130g prepared serving	1 exchange
Promin Low Protein Cheese Sause Mix	130g prepared serving	½ exchange
Snopro milk	<160ml	free
	160ml	½ exchange
	300ml	1 exchange
Taranis Dalia Liquid Milk	< 187 ml	free
	187 ml	½ exchange
	373ml	1 exchange
Taranis Fish Substitute	31g portion made to instructions	½ exchange
Taranis Natural Cake Mix	2 x 50g portions	½ exchange
Taranis Risotto	300g cooked	½ exchange
Taranis Dalia Powdered Milk	<800ml	free

MSUD:

Item	Quantity	No. of Exchanges
Loprofin Drink LQ	1 carton (200 ml)	½ exchange
Loprofin Chocolate Cake Mix	50g serve prepared	½ exchange
Mevalia Ciabattine low protein white bread rolls	2 bread rolls	½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	½ exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	½ exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	½ exchange
Promin Low Protein Pasta Shapes in a Moroccan Flavour Sauce	1 sachet	½ exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	½ exchange
Promin Low Protein Potato Pot-Cabbage & Bacon with Croutons	1 sachet	½ exchange
Promin Low Protein Instant Mash Potato Mix	130g prepared serving	½ exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	½ exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Potato Cake Mix	130g prepared serving	1 exchange
Snopro milk	<160ml	free
	160ml	½ exchange
	300ml	1 exchange
Taranis Dalia Liquid Milk	284ml	½ exchange
	532ml	1 exchange
Taranis Dalia Powdered Milk	Up to 660ml prepared	free
	>660 ml	½ exchange
Taranis Fish Substitute	31g portion made to instructions	½ exchange

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

All Other Protein Disorders:

Item	Quantity	No. of Exchanges
Loprofin PKU Drink Milk	>100ml – 187ml 1 carton (200 ml)	½ exchange 1 exchange
Loprofin Chocolate Cake Mix	50g serve prepared	½ exchange
Mevalia Ciabattine low protein white bread rolls	2 bread rolls	½ exchange
Mevalia Pan Carre low protein sliced bread	2 slices	½ exchange
Mevalia Shortbread Frollini	6 cookies	½ exchange
Promin Hot Breakfast – Chocolate	1 sachet	½ exchange
Promin Low Protein Premium Burger Mix- Beef	1 sachet	1 ½ exchange
Promin Low Protein Chicken Burger Mix	1 sachet	1 ½ exchange
Promin Low Protein Burger Mix-Original	1 sachet	1 ½ exchange
Promin Low Protein Burger Mix-Chilli	1 sachet	1 exchange
Promin Low Protein Burger Mix-Lamb and Mint	1 sachet	1 ½ exchange
Promin Low Protein Cheese Sauce Mix	130g prepared serving	1 exchange
Promin Low Protein Instant Soup-Creamy Chicken Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Creamy Tomato Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Minestrone Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Instant Soup-Pea & Mint Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Mac Pot-Macaroni Cheese	1 pot	1 exchange
Promin Low Protein Mac Pot-Tomato Macaroni	1 pot	½ exchange
Promin Low Protein Pasta Shapes in Cheese & Broccoli Flavour Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Pasta Shapes in a Moroccan Flavour Sauce	1 sachet	1 exchange
Promin Low Protein Pasta Shells in Tomato, Pepper & Herb Sauce	1 sachet	1 ½ exchanges
Promin Low Protein Instant Mash Potato Mix	130g prepared serving	½ exchange
Promin Low Protein Potato Cake Mix	130g prepared serving	1 exchange
Promin Low Protein Potato Pot-Cabbage & Bacon Flavour with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Onions with Croutons	1 pot	1 exchange
Promin Low Protein Potato Pot-Sausage Flavour with Croutons	1 pot	½ exchange
Promin Low Protein Rice Pudding-Strawberry	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Apple & Sage	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Original	1 sachet	½ exchange
Promin Low Protein Sausage Mix-Tomato & Basil	1 sachet	½ exchange
Promin Low Protein Xpot-All Day Scramble	1 pot	½ exchange
Promin Low Protein Xpot-Chip Shop Curry	1 pot	½ exchange
Promin Low Protein Xpot-Rogan Style Curry	1 pot	1 exchange
Promin Low Protein Potato Cake Mix	130g prepared serving	1 exchange
Snopro milk	<160ml	free
	160ml	½ exchange
	300ml	1 exchange
Taranis Fish Substitute	31g portion made to instructions	½ exchange

*Can be purchased directly from chemist, distributor or First Play Dietary Foods.

All Other Protein Disorders continued:

Item	Quantity	No. of Exchanges
Taranis Risotto	300g cooked	1 exchange
Taranis Dalia Liquid Milk	< 200 ml	free
	200 ml	½ exchange
	375ml	1 exchange
Taranis Dalia Powdered Milk	< 240 ml	free
	240 ml	½ exchange
	450ml	1 exchange

Produced by NCIMD, Children's Health Ireland at Temple Street

Updated August 2025



**Can be purchased directly from chemist, distributor or First Play Dietary Foods.*