

# 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 <i>(count as exchanges)</i>	24 x 200ml	GMS: 81175
Taranis	Dalia Liquid Milk <i>(may need to count as exchanges)</i>	24 x 200ml	GMS: 81484
	Dalia Powdered Milk <i>(may need to count as exchanges)</i>	400g	GMS: 85073
Nutricia	Sno-Pro Milk <i>(may need to count as exchanges)</i>	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 <i>(may need to count as exchanges)</i>	300g	GMS: 81327
	Mevalia Ciabattine low protein white bread rolls <i>(may need to count as exchanges)</i>	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 <i>(count as exchanges)</i>	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.

<b>Pasta and Rice</b>				
<b>Firstplay Dietary Foods</b>	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
<b>Nutricia</b>	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
<b>Vitaflo</b>	Mevalia Fusilli	500g		GMS: 81326
	Mevalia Rice	400g		GMS: 81365
	Mevalia Spaghetti	200g		GMS: 81366
<b>Sauce</b>				
<b>Firstplay Dietary Foods</b>	Promin Low Protein Cheese Sauce Mix <i>(may need to count as exchanges)</i>	225g		Purchase*
<b>Cheese Substitute</b>				
<b>Taranis</b>	Taranis Cheese Substitute	6 x 20g		Purchase*
<b>Mash</b>				
<b>Firstplay Dietary Foods</b>	Promin Instant Mash Potato Mix <i>(count as exchanges)</i>	300g		GMS: 82706

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

<b>Meat and Fish Substitutes</b>			
Firstplay Dietary Foods	Promin Burger Mix – Original Flavour <i>(count as exchanges)</i>	4 x 62g	Yellow
	Promin Burger Mix – Beef <i>(may need to count as exchanges)</i>	4 x 62g	Yellow
	Promin Burger Mix – Chilli <i>(may need to count as exchanges)</i>	4 x 62g	Yellow
	Promin Burger Mix – Chicken <i>(count as exchanges)</i>	4 x 62g	Yellow
	Promin Burger Mix - Lamb and Mint <i>(count as exchanges)</i>	4 x 62g	Yellow
	Promin Sausage Mix – Original <i>(may need to count as exchanges)</i>	4 x 30g	Yellow
	Promin Sausage Mix - Apple and Sage <i>(may need to count as exchanges)</i>	4 x 30g	Yellow
	Promin Sausage Mix - Tomato and Basil <i>(may need to count as exchanges)</i>	4 x 30g	Yellow
Taranis	Taranis Low Protein Fish Substitute <i>(count as exchanges)</i>	4 x 62g	Red

**Sometimes Foods:**

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

<b>Breakfast/Cereals</b>			
Firstplay Dietary Foods	Promin Hot Breakfast - Original	6 x 56g	Yellow
	Promin Hot Breakfast - Apple and Cinnamon	6 x 57g	Yellow
	Promin Hot Breakfast - Banana	6 x 57g	Yellow
	Promin Hot Breakfast – Chocolate <i>(may need to count as exchanges)</i>	6 x 57g	Yellow
	Promin Breakfast Bars -Apple and Cinnamon	6 x 40g	Red
	Promin Breakfast Bars -Banana	6 x 40g	Red
	Promin Breakfast Bars -Chocolate and Cranberry	6 x 40g	Red
	Promin Breakfast Bars -Cranberry	6 x 40g	Red
	Promin Cereal – Chocolate	340g	Red
Nutricia	Loprofin Cereal Loops	375g	Red
	Loprofin Breakfast Flakes - Strawberry	375g	Red
	Loprofin Breakfast Flakes - Chocolate	375g	Red
<b>Pasta in Sauce Meals</b>			
Firstplay Dietary Foods	Promin Pasta Spirals in Tomato, Pepper and Herb Sauce <i>(count as exchanges)</i>	4 x 72g	Yellow
	Promin Pasta Elbows in Cheese and Broccoli Sauce <i>(may need to count as exchanges)</i>	4 x 66g	Yellow
	Promin Pasta Shells in Moroccan Sauce <i>(count as exchanges)</i>	4 x 72g	Yellow

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Pot Meals				
Firstplay Dietary Foods	ProminMacpot - Macaroni Cheese <i>(may need to count as exchanges)</i>	4 x 61g		Purchase*
	ProminMacpot - Tomato Macaroni <i>(may need to count as exchanges)</i>	4 x 61g		Purchase*
	Promin Potato Pot -Cabbage, Bacon and Croutons <i>(count as exchanges)</i>	4 x 50g		Purchase*
	Promin Potato Pot -Onion and Croutons <i>(count as exchanges)</i>	4 x 50g		Purchase*
	Promin Potato Pot -Sausage and Croutons <i>(count as exchanges)</i>	4 x 50g		Purchase*
	ProminXpot - All Day Scramble <i>(may need to count as exchanges)</i>	4 x 60g		Purchase*
	ProminXpot - Beef and Tomato	4 x 60g		Purchase*
	ProminXpot - Rogan Style Curry <i>(may need to count as exchanges)</i>	4 x 60g		Purchase*
	ProminXpot - Chip Shop Curry <i>(may need to count as exchanges)</i>	4 x 60g		Purchase*
Risotto Meals				
Taranis	Taranis Risotto <i>(may need to count as exchanges)</i>	4 x 300g		GMS: 85105
Soup				
Firstplay Dietary Foods	Promin Low Protein Soup - Creamy Tomato with Croutons <i>(may need to count as exchanges)</i>	4 x 23g		Purchase*
	Promin Low Protein Soup - Creamy Chicken with Croutons <i>(may need to count as exchanges)</i>	4 x 28g		Purchase*
	Promin Low Protein Soup – Minestrone with Croutons <i>(may need to count as exchanges)</i>	4 x 28g		Purchase*
	Promin Low Protein Soup - Pea and Mint with Croutons <i>(may need to count as exchanges)</i>	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 <i>(may need to count as exchanges if 6 + eaten)</i>	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 <i>(count as exchanges)</i>	500g		GMS: 81819
Taranis	Taranis Natural Cake Mix <i>(may need to count as exchanges if 2 potions eaten)</i>	300g		GMS: 85088
	Taranis Low Protein Cakes - Lemon	6 x 40g		GMS: 85087
	Taranis Low Protein Cakes - Pear	6 x 40g		GMS: 85087

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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 <i>(may need to count exchanges)</i>	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 <i>(high kcal)</i>	4 x 125g		Available for individual reimbursement on a <b>patient specific</b> basis through the hardship scheme
	Taranis Pause Dessert – Strawberry <i>(high kcal)</i>	4 x 125g		Available for individual reimbursement on a <b>patient specific</b> basis through the hardship scheme
Spread				
Taranis	Taranis Hazelnut Flavour Spread	230g		GMS: 85101

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

Manufacturer	Contact	Distributer	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.prominpku.com	Biofact <a href="http://www.biofact.ie">www.biofact.ie</a>	01-6012544
Taranis /  Lactalis Nutrition	Rachel Zatti Phone: (France) 0299 49 20 89 Rachel.Zatti@fr.lactalis.com	Biofact <a href="http://www.biofact.ie">www.biofact.ie</a>	01-6012544
Vitaflo 	Suzie O'Neill (Rep) Suzie.oneill@vitaflo.ie 083 354 3379	Uniphar/Allphar and United Drug	01-4041600  01- 4687501 <a href="mailto:info@uniphar.ie">info@uniphar.ie</a>
Mevalia 	Amy Graham (Customer Care Manager) Amy.Graham@vitaflo.ie 083 008 1251		01-463 2300
	Claire Hawkins (Business Manager) Clairequinn@vitaflo.ie 083 801 6652 Vitafloireland@vitaflo.ie		

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

Email: [metabolic.dietitians@childrenshealthireland.ie](mailto:metabolic.dietitians@childrenshealthireland.ie) or phone 01 878 4317

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## 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

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### **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

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**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



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