

Low Protein Chocolate Treats

These foods are to be used as a treat once or twice a week as part of a healthy diet

Cadbury's



Fudge Finger Treat Size 13.5g bar = free, 2x fingers = ½ exchange

Fudge Finger 22g bar = ½ exchange

Fingers Mini 19.3g bag = 1 exchange

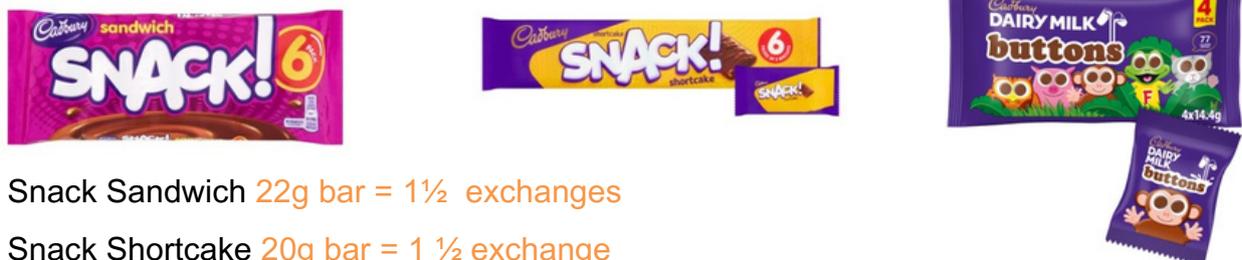
Timeout 18g bar = 1 exchange



Dairy Milk Little bars 18g bar = 1½ exchanges

Freddo Bar 1 bar = 1½ exchanges

Freddo Bar Caramel 1 bar = 1 exchange



Snack Sandwich 22g bar = 1½ exchanges

Snack Shortcake 20g bar = 1½ exchange

Dairy Milk Buttons 14.4g bar = 1 exchange



Twirl from multipack 21.5g bar = 1½ exchanges

Wispa from multipack 23.7g bar = 1½ exchanges

Flake from multipack 20g bar = 1½ exchanges



Crunchie from multipack 26.1g bar = 1 exchange

Aero Mint from multipack 27g bar = 1 exchange

The above are from multipacks. An individually sold bar would contain more exchanges. Be sure to check the size of the bar against the above information to ensure accurate exchange counting

Dunnes Stores



Milk Chocolate Wafer Bar Milk from multipack 18g bar = 1 exchange

Chocolate Caramel Wafer Bar from multipack 28g bar = 1 ½ exchange



Milk Chocolate Chunky Biscuit Bar from multipack 22g bar = 1 ½ exchange

Information correct at time of printing. Always check the label
Updated December 2025

Nomo



Creamy Choc Bar (38g) 1 bar = ½ exchange

Fruit and Crunch Choc Bar (38g) 1 bar = 1 exchange

Caramel Filled Choc Bar (38g) 1 bar = 1 exchange

Salted Popcorn Choc Bar (32g) 1 bar = 1 exchange

Tesco



Free From White Choc Buttons (25g)/ Free From White Chocolate Bar (35g) = Free

Free From Choc Buttons (25g) = ½ exchange

Free From Giant Choc Buttons ⅓ of bag, 24g portion (approx 10 buttons) = ½ exchange



Free From Chocolate Bar (35g) = 1 exchange

Free From Belgian Chocolate Wafer 1 bar = 1 ½ exchanges

Free From Swirly Chocolate Wafer 1 bar = 2 exchanges



Twin Wafer Snappy Fingers 1 bar = 1 exchange

Lidl



Mister Choc Candy Crème Minis 17g bar = ½ exchange



Mister Choc Caramel Minis 22g bar = 1 exchange



Mister Choc Carmel & Biscuit Minis 23g bar = 1 exchange

Aldi



Dairyfine Dreemy Treat Size 16g bar = ½ exchange

Others



Milky Way (Fun Size) 15.5g bar = ½ exchange

Mars (Fun Size) 18g bar = 1 exchange

Kinder (Snack Size) 12.5g bar = 1 exchange



McVitie's Penguin Original 1 bar = 1 ½ exchanges

Jacobs Club Original 1 bar = 1 ½ exchanges



KitKat 2 Finger Bar (from multipack) 20.7g bar = 1 ½ exchanges

Kelkin Gluten Free Finger Bars/ Gluten Free Wafer Bars 1 bar = 1 ½ exchanges