

Low Protein Breads

BFree

Available in Dunnes, Tesco and Supervalu



Pitta Pockets (6 pack) 1 Pocket = 1 exchange; 2 pockets = 1 ½ exchanges

Sweet Potato Wraps 1 Wrap = 1 exchange; 2 wraps = 2 ½ exchanges

Multigrain Wraps 1 Wrap = 1 ½ exchanges; 2 wraps = 3 ½ exchanges



Tiger Rolls 1 roll = 1 ½ exchanges, 2 rolls = 3 ½ exchanges

Wholegrain Pitta Breads (4 pack) 1 pitta = 2 ½ exchanges; 2 pitta = 5 ½ exchanges

Stone Baked Pitta Breads (4 pack) 1 pitta = 4 exchanges



Rustic Oat Loaf 52g portion approx. 2 slices = 2 ½ exchanges

Sunflower & Pumpkin Seed Loaf 49g portion approx. 2 slices = 3 exchanges

Information correct at time of printing. Always check the label as ingredients can change
Updated Dec 25, Genius Info Updated Feb 2026



White Demi Baguette $\frac{1}{2}$ baguette = 2 exchanges

Stone Baked Naan Breads $\frac{1}{2}$ Naan = 2 $\frac{1}{2}$ exchanges

Pizza Bases $\frac{1}{2}$ Base = 2 $\frac{1}{2}$ exchanges

Genius

Available in Tesco



Cinnamon & Raisin Fruit Loaf 1 slice = 1 exchange, 2 slices = 2 $\frac{1}{2}$ exchanges

Handcrafted Tiger Bloomer 80g serving = 3 $\frac{1}{2}$ exchanges

Soft Brown Farmhouse 1 slice = 1 $\frac{1}{2}$ exchanges; 2 slices = 3 $\frac{1}{2}$ exchanges



Soft White Toastie/ Soft White Farmhouse 1 slice = 2 exchanges; 2 slices = 3 $\frac{1}{2}$ exchanges

Multi Seeded Farmhouse 1 slice = 2 $\frac{1}{2}$ exchanges; 2 slices = 4 $\frac{1}{2}$ exchanges

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Classic Crumpets 1 crumpet = 2 exchanges

Brioche Buns 1 bun = 3 exchanges

Multi Seeded Rolls 1 roll = 3 ½ exchanges

Promise

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Rustic White Sourdough 67g approx. 2 slices = 1 exchange

Soft White Loaf 1 slice = 1 exchange; 2 slices = 1 ½ exchanges

Soft White Rolls 1 roll = 1 exchange



Wholesome Brown Loaf 1 slice = 1 exchange; 2 slices = 1 ½ exchanges

Multigrain Loaf 1 slice = 1 ½ exchange; 2 slices = 2 ½ exchanges

Chia & Quinoa Loaf 1 slice = 1 ½ exchanges



Brioche Loaf 1 slice = 1 ½ exchanges

White Tortilla Wraps 1 wrap = 2 exchanges

Plain Bagels/ Multiseeded Bagels 1 bagel = 2 ½ exchanges; 2 = 4 ½ exchanges



Sourdough Baguette ½ baguette = 2 ½ exchanges; whole baguette = 4 ½ exchanges

12 Seeds & Grains Loaf 1 slice = 2 ½ exchanges; 2 = 5 ½ exchanges

Sourdough Scotch Bap 1 bap = 2 ½ exchanges



Seeded Sandwich Slims 1 slim = 2 ½ exchanges

Sourdough Soft White Rolls 1 roll = 3 exchanges

Sourdough Seeded Rolls 1 roll = 3 ½ exchanges



Sourdough Rustic Seeded Cob 67g approx. 2 slices = 3 ½ exchanges

Brioche Burger Bun 1 bun = 3 ½ exchanges

Marks & Spencer



Made Without Wheat Brown Bloomer Slices 1 slice = 1 ½ exchanges

Made Without Wheat Tiger Rolls 1 roll = 1 ½ exchanges, 2 rolls = 3 ½ exchanges

Made Without Wheat Sourdough Cob 67g approx. 2 slices = 3 ½ exchanges

Schar

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Sweet Brioche Style Rolls 1 roll = 1 ½ exchanges

White Ciabatta Rolls 1 roll = 2 ½ exchanges; 2 rolls = 4 ½ exchanges

Pizza Base ½ base = 2 exchanges; whole base = 4 ½ exchanges



Hamburger Buns 1 bun = 2 ½ exchanges

Panini Rolls 1 roll = 3 ½ exchanges

Brown Ciabatta Rolla 1 roll = 3 ½ exchanges

Tesco



Free From White Bread 1 slice = 1 ½ exchanges

Free From White Tortilla Wraps 1 wrap = 4 exchanges

Free From White Rolls 1 roll = 3 exchanges



Free From Brown Bread 1 slice = 1 ½ exchanges; 2 slices = 3 ½ exchanges

Free From Seeded Bread 1 slice = 2 exchanges



Free From Hot Dog Rolls 1 roll = 3 exchanges

Free From Seeded Rolls 1 roll = 4 ½ exchanges

Others



Old El Paso Gluten Free Tortillas **1 wrap = ½ exchange; 2 wraps 1.5 exchanges** (available in Supervalu and Tesco)



Brennans Gluten Free White Loaf **1 slice = 2 exchanges** (available in Supervalu and Tesco)



Dunnes Stores Gluten Free Garlic Bread **½ = 2 ½ exchanges; whole = 5 ½ exchanges**



Kelkin Gluten Free Sourdough **1 slice = 3 exchanges; 2 slices = 5 ½ exchanges** (available in Supervalu and Dunnes Stores)