

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
NO EXCHANGES		
Sandwiches <i>Low protein bread made into a sandwich with your choice of the following:</i>	Bruschetta – top with low fat garlic butter and tomatoes and toast	0
	Low protein cheese, pickle and salad	0
	Low protein cheese spread	0
	Mashed banana and honey	0
	Mixed peppers, beetroot and salad cream	0
	30g homemade guacamole or mashed avocado	0
Salads <i>Choose freely from the following:</i>	Tomatoes, lettuce, cucumber, peppers, onion, scallions, beetroot, pickle, pineapple	0
Homemade Soups <i>Choose freely from the following:</i>	Aubergine, butternut squash, cabbage, carrots, celeriac, celery, courgettes, fennel, garlic, gherkin, leek, mushrooms, onion, parsnip, peppers, pumpkin, radish, swede, sweet potato, tomato, turnip, herbs	0
Snacks 100–150kcal	A portion of fruit for example apple, 2 x kiwis, 2 x plums, orange, handful of grapes or berries	0
	Selection of carrot, celery and pepper sticks served with salsa/low fat salad cream/ketchup	0
	2 slices Loprofin bread toasted with low fat margarine and jam/marmalade	0
	3 x Loprofin crackers with low fat margarine or served with salsa	0
	30g raisins	0
	1 banana	0
	50g olives served with salsa	0

For further information contact your dietitian, visit lowproteinconnect.com or call UK (01225 751098) NI (0800 973 216) ROI (1800 923 535)

Please note: The information above is intended as a guide. Always check the protein levels on food labels before use and please speak to your dietitian if you have any queries. Avocado and guacamole are 0 exchanges for PKU only. For all other Inherited Metabolic Conditions, please speak to your dietitian. This information is intended for patients who have been prescribed Loprofin by a healthcare professional. The Loprofin range are Foods for Special Medical Purposes for the dietary management of inherited metabolics disorders and other conditions requiring a metabolic diet, and must be used under medical supervision.

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
1-3 EXCHANGES		
Sandwiches <i>Low protein bread made into a sandwich with your choice of the following:</i>	15g hummus	1
	35g sweetcorn	1
	30g tzatziki	1
Salads <i>Add the following to any of your free salad items to add exchanges:</i>	15g hummus	1
	35g sweetcorn	1
	30g tzatziki	1
Soups <i>Add the following to any of your free soups to add exchanges:</i>	35g sweetcorn	1
	80g boiled potato	1
	50g garden peas	2
	30g mung beans	2½
	50g butter beans canned, drained	3
	25g chick peas canned, drained	2
	30g black beans canned, drained	2½
	25g red lentils canned, drained	2
30g kidney beans canned, drained	2	
Snacks 100-150kcal	2 x Loprofin crackers with 30g tzatziki	1
	Selection of carrot, celery and pepper sticks served with 60g tzatziki	2
	50g olives with 30g hummus	2

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