



Exchange Options

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
NO EXCHANGES		
Sandwiches Low protein bread made into a sandwich with free fillings and your choice of the following:	Bruschetta - top with low fat garlic butter and tomatoes and toast	0
	Low protein cheese, pickle and salad	0
	Low protein cheese spread	0
	Vegetable spread	0
	Mashed banana and honey	0
	Mixed peppers, beetroot and salad cream	0
Salad Choose freely from the following:	Tomatoes, lettuce, cucumber, peppers, onion, scallions, beetroot, pickle, pineapple, low protein cheese,	0
Snacks 100 - 150kcal	A portion of fruit for example: apple; 2 x kiwis; 2 x plums; orange; 12 grapes or a handful of berries	0
	2 slices of low protein bread toasted with low fat margarine and jam / marmalade	0
	3 x Loprofin crackers with low fat margarine or served with salsa	0
	30g low protein cheese and half an apple	0
	1 slice of low protein bread toasted with 20g low protein cheese	0
	Dried fruit - raisins or apricots - 30g	0
	50g of olives served with salsa	0
	1 large banana	0

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Information intended for patients and carers of patients with proven phenylketonuria (PKU) and prescribed a low protein diet by a Healthcare Professional.

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Accurate at time of publication: July 2025

We are here to support you

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METABOLICS



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FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
1 - 3 EXCHANGES*		
Sandwiches Low protein bread made into a sandwich with free fillings and your choice of the following:	Avocado - 75g	1
	Hummus (1 level tbsp) - 15g	1
	Sweetcorn - 35g	1
	Tzatziki - 30g	1
	Full fat cream cheese (1 ½ tbsp) - 30g	1 ½
	Low fat cream cheese (1 mini tub) - 35g	2 ½
	Cottage cheese - 30g	3
	Low fat cottage cheese - 30g	3
Salad Add the following to any of your free salad items to add exchanges to your meal:	Hummus (1 level tbsp) - 15g	1
	Sweetcorn - 35g	1
	Tzatziki - 30g	1
	Cottage cheese - 30g	3
	Low fat cottage cheese - 30g	3
Meals Add the following to any cooked meal to increase the number of exchanges as indicated:	Boiled potato - 80g	1
	Garden peas - 40g	2
	Butter beans canned, drained - 50g	3
	Chick peas canned, drained - 25g	2
	Black beans canned, drained - 30g	2
	Red lentils canned, drained - 30g	2
	Kidney beans canned, drained - 30g	2

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
1 - 3 EXCHANGES*		
Snacks 100 - 150kcal	3 x Loprofin crackers with 75g guacamole	1
	2 x Loprofin crackers with 30g tzatziki	1
	Selection of carrot, celery and pepper sticks served with 60g tzatziki	2
	50g of olives with 30g hummus (2 level tbsp)	2
	1 slice of low protein bread toasted or 2 Loprofin crackers with 35g (1 mini tub) of low fat cream cheese	2 ½
	1 probiotic yoghurt-style drink with some apple / pear / orange slices	3
	Pine nuts (2 tbsp) - 20g	3

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FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
4 - 6 EXCHANGES*		
Sandwiches Low protein bread made into a sandwich with free fillings and your choice of the following:	Low fat cream cheese - 50g	4
	Tuna (in brine) - 20g	5
	Boiled egg - 50g	6
	Feta cheese - 35g	6
	Dolchelatte cheese - 25g	4 ½
	Baked Beans - 100g	5
	Cottage cheese - 60g	6
	Low fat cottage cheese - 60g	6
Salad Add the following to any of your free salad items to add exchanges to your meal:	Sweetcorn - 150g	4
	Tuna (in brine) - 20g	5
	Boiled egg - 50g	6
	Feta cheese - 35g	6
	Dolchelatte cheese - 25g	4 ½
	Cottage cheese - 60g	6
	Low fat cottage cheese - 60g	6
	Pine nuts (3 ½ tbsp) - 35g	5
	Walnuts (3 ½ tbsp) - 35g	5
	Almonds (1 ½ tbsp) - 20g	4
Meals Add the following to any cooked meal to increase the number of exchanges as indicated:	Pine nuts (3 ½ tbsp) - 35g	5
	Sunflower seeds - 30g	6
	Garden peas - 80g	4
	Butter beans canned, drained - 70g	4
	Chick peas canned, drained - 70g	4 ½
	Black beans canned, drained - 70g	4 ½
	Red lentils canned, drained - 80g	5
	Kidney beans canned, drained - 90g	6

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
4 - 6 EXCHANGES*		
Snacks 100 - 150kcal	Selection of carrot, celery and pepper sticks served with 120g tzatziki	4
	Selection of carrot, celery and pepper sticks served with 60g of hummus	4
	Selection of carrot, celery and pepper sticks served with 70g of full fat cream cheese	5
	Selection of carrot, celery and pepper sticks served with 60g of low fat cream cheese	4 ½
	1 probiotic 0% fat yoghurt with a handful of berries	5 ½
	1 probiotic yoghurt	4 ½
	30g of olives and 30g feta cheese	5
	2 Loprofin crackers and 30g Dolchelatte cheese	5
	1 slice of low protein bread toasted with 100g baked beans	5
	Almonds (2 tbsp) - 25g	5
	Natural Greek Style Yoghurt - 100g	4 ½

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FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
7 - 9 EXCHANGES*		
Sandwiches Low protein bread made into a sandwich with free fillings and your choice of the following:	Lightest cream cheese - 60g	7
	Feta cheese - 55g	9
	Dolchelatte cheese - 50g	8 ½
	Boiled egg (1 x large egg) - 65g	8 ½
	Cottage cheese - 80g	7 ½
	Low fat cottage cheese - 80g	8
	Baked Beans - 200g	10
	Tuna (in brine) - 30g	7
Salad Add the following to any of your free salad items to add exchanges to your meal:	Feta cheese - 55g	9
	Dolchelatte cheese - 50g	8 ½
	Boiled egg (1 x large egg) - 65g	8 ½
	Cottage cheese - 80g	7 ½
	Low fat cottage cheese - 80g	8
	Pine nuts - 50g	7
	Walnuts - 50g	7 ½
	Almonds - 40g	8 ½
Meals Add the following to any cooked meal to increase the number of exchanges as indicated:	50g of pine nuts	7
	Sunflower seeds (2 ½ tbsp) - 35g	7
	Garden peas - 160g	8
	Butter beans canned, drained - 100g	6
	Chick peas canned, drained - 100g	7
	Black beans canned, drained - 100g	7
	Red lentils canned, drained - 120g	7 ½
	Kidney beans canned, drained - 120g	8

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
7 - 9 EXCHANGES*		
Snacks 100 - 150kcal	2 Loprofin crackers with 60g of lightest cream cheese	7
	Selection of carrot, celery and pepper sticks served with 50g of feta cheese	8 ½
	2 Loprofin crackers with 40g of Dolcelatte cheese	7
	1 slice of low protein bread toasted or 2 Loprofin crackers with 1 large boiled egg (65g)	8 ½
	1 slice of low protein bread toasted or 2 Loprofin crackers with 80g of cottage cheese	7 ½
	1 slice of low protein bread toasted or 2 Loprofin crackers with 80g of low fat cottage cheese	8
	1 slice of low protein bread or 2 Loprofin crackers with 30g tuna (in brine)	7

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FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
10+ EXCHANGES*		
Sandwiches Low protein bread made into a sandwich with free fillings and your choice of the following:	Tuna (in brine) - 40g	10
	Boiled egg - 100g	13
	Feta cheese - 70g	11
	Dolchelatte cheese - 65g	11
	Cottage cheese - 100g	9 ½
	Low fat cottage cheese - 100g	10
Salad Add the following to any of your free salad items to add exchanges to your meal:	Tuna (in brine) - 40g	10
	Boiled egg - 100g	12
	Feta cheese - 70g	11
	Dolchelatte cheese - 65g	11 ½
	Cottage cheese - 100g	9 ½
	Low fat cottage cheese - 100g	10
	Pine nuts - 70g	10
	Walnuts - 75g	11
	Almonds - 50g	10 ½
Meals Add the following to any cooked meal to increase the number of exchanges as indicated:	Pine nuts - 70g	10
	Sunflower seeds - 50g	10
	Red lentils canned, drained - 130g	10
	Mung beans - 130g	10

FOOD TYPE	DESCRIPTION	NUMBER OF EXCHANGES
10+ EXCHANGES*		
Snacks 100 - 150kcal	Selection of carrot, celery and pepper sticks served with 65g of Dolchelatte cheese	11
	Selection of carrot, celery and pepper sticks served with 100g of boiled egg	13
	Selection of carrot, celery and pepper sticks served with 100g of cottage cheese	9 ½
	1 slice of low protein bread toasted or 2 Loprofin crackers with 100g of cottage cheese	9 ½
	1 slice of low protein bread or 2 Loprofin crackers with 40g tuna (in brine)	10

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