



Exchange Free Fruits



Apples



Banana



Apricots



Bilberries



Blackberries



Blueberries



Cherries



Clementines



Cranberries



Currants: black, red and white



Custard Apple



Damsons



Dates

Exchange Free Fruits



Dried banana chips



Dried fruit

– not Goji berries



Dragon fruit



Fruit salad



Gooseberries



Grapes



Grapefruit



Greengages



Guavas



Jack Fruit



Kiwi fruit



Kumquats



Lemons



Limes

Exchange free fruits



Loganberries



Lychees



Mandarins



Mango



Melon: Honeydew



Melon:Cantaloupe



Nectarine



Orange



Papaya



Peach



Pears



Physalis



Pineapple



Plantain

Exchange Free Fruits



Plums



Pomegranate



Prickly Pear



Prunes



Quince



Raisins



Raspberries



Rhubarb



Satsumas



Sharon Fruit



Star Fruit



Strawberries



Sultanas

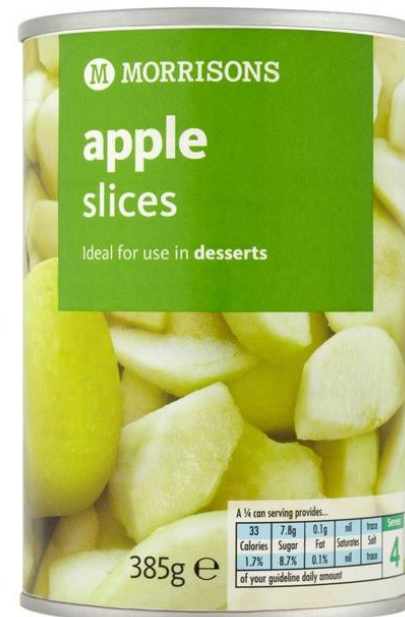
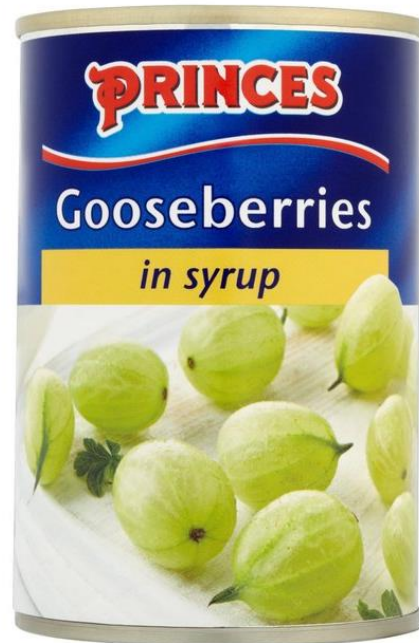


Tamarillo



Tangerines

Exchange Free Fruits



Canned, pouches and tubs of fruit

Angelica

Mixed Peel

Exchange Free Vegetables/Plants



Avocado



Artichoke - Jerusalem
and Globe



Aubergine



Baby corn
(no kernels)



Green beans - includes
french, runner and dwarf



Beetroot



WhiteCabbage



Capers and caperberries



Carrots



Cassava (Yucca)



Celeriac



Celery



Chayote

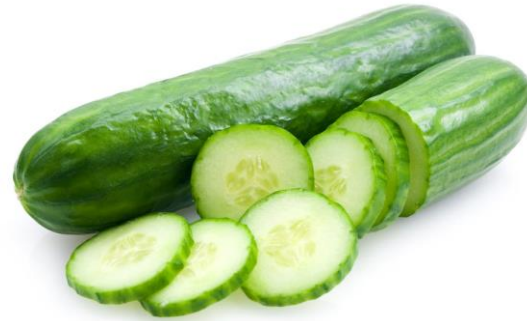
Exchange Free Vegetables/Plants



Chicory



Courgette



Cucumber



Dudhi



Eddoes



Endive



Fennel



Garlic



Gherkin



Karela



Kohl rabi



Okra

Exchange Free Vegetables/Plants



Leek



Lettuce



Marrow



Mooli



Mushrooms



Cress



Onion



Spring onion



Herbs - fresh and dried



Pak Choi



Parsnip



Peppers

Exchange Free Vegetables/Plants



Olives



Pumpkin



Radish



Samphire



Butternut Squash



Acorn squash



Spaghetti squash



Swede



Sweet potato



Tomato

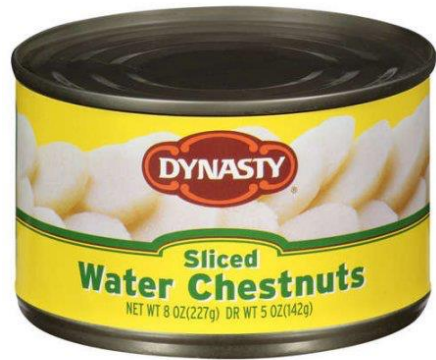


Turnip



Watercress

Exchange Free Vegetables/Plants



Water chestnuts



Ginger



All clear pickles in vinegar



Fruit and Vegetable Exchanges

The exchange amounts of most fruit and vegetable are calculated from their phenylalanine (but not protein content).

1 exchange = 50 mg phenylalanine

Fruit and Vegetable Exchanges



Peas (fresh, frozen,
petit pois or tinned)
25g = 1 exchange



Boiled spinach
25g = 1 exchange



Spring greens
35g = 1 exchange



Broad beans
20g = 1 exchange



Frozen mixed
vegetables
30g = 1 exchange



Sweetcorn kernels
35g = 1 exchange



Corn on the cob
4cm = 1 exchange



Baked beans
20g = 1 exchange

Fruit and Vegetable Exchanges



Rocket
35g = 1 exchange



Choi Sum
35g = 1 exchange



Beansprouts
60g = 1 exchange



Broccoli
60g = 1 exchange



Cauliflower
60g = 1 exchange



Brussel sprouts
60g = 1 exchange



Sugar snap peas
60g = 1 exchange



Mange tout
60g = 1 exchange

Fruit and Vegetables Exchanges



Bamboo shoots (raw)
60g = 1 exchange



Whole hearts of palm
60g = 1 exchange



Yam
60g = 1 exchange



Kale
35g = 1 exchange



Asparagus
60g = 1 exchange



Vine leaves
30g = 1 exchange



Romanesco
35g = 1 exchange



Tinned sweet chestnuts
40g = 1 exchange

Fruit and Vegetable Exchanges



Passion fruit
40g = 1 exchange



Figs
60g = 1 exchange

Potato Exchanges



Boiled Potato
80g = 1 exchange



Mashed Potato
(without ordinary milk)
80g = 1 exchange



Jacket potato
80g = 1 exchange



Chips or French Fries
45g = 1 exchange



Roast Potato
55g = 1 exchange



Instant mashed potato
10g dry powder = 1
exchange



Canned new potatoes
100g = 1 exchange

Any vegetable chips or wedges should **be counted as an exchange** if they contain **exchange ingredients** e.g. rice flour, wheat flour, milk



Sweet potato chips (with rice or wheat coating/batter)
50g = 1 exchange