

The image shows three rectangular blocks of pale yellow cheese. They are arranged with one block in the foreground, slightly to the left, and two more blocks stacked behind it, one slightly to the right and higher up. The cheese has a smooth texture with a few small, faint orange-brown spots. They are resting on a brown, knotted rope mesh that covers the lower half of the frame. The background is a plain, light gray surface.

Low Protein Cheese

January 2020

Violife cheese slices



Violife cheeses available from most supermarkets, Holland and Barrett and *online* alternativestores.com

Violife low protein creamy cheese



Exchange-free



70g = 0.5
exchange



Exchange-free



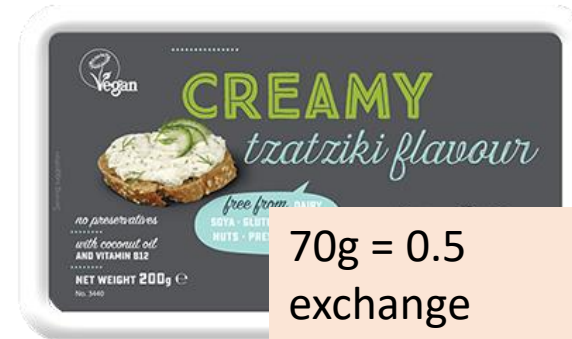
Exchange-free



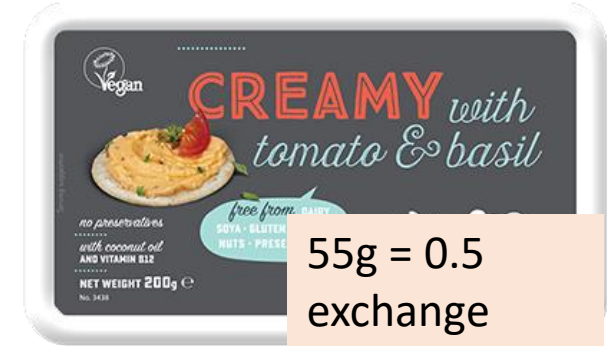
Exchange-free



70g = 0.5
exchange



70g = 0.5
exchange



55g = 0.5
exchange



Exchange-free

Violife cheeses available from most supermarkets, Holland and Barrett and *online* alternativestores.com

Violife low protein cheese blocks



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free

Violife cheeses available from most supermarkets, Holland and Barrett and [online alternativestores.com](https://www.alternativestores.com)

Violife low protein grated cheese



Violife cheeses available from most supermarkets, Holland and Barrett and *online* alternativestores.com

Violife low protein organic cheese



Violife cheeses available from most supermarkets, Holland and Barrett and *online* alternativestores.com

Violife low protein specials cheese



83g = 0.5 exchange



50g = 1 exchange



77g = 1 exchange



Exchange-free



83g = 1 exchange



31g = 0.5 exchange

Violife cheeses available from most supermarkets, Holland and Barrett and [online alternativestores.com](https://www.alternativestores.com)

Sainsbury's low protein cheese



71g = 0.5 exchange



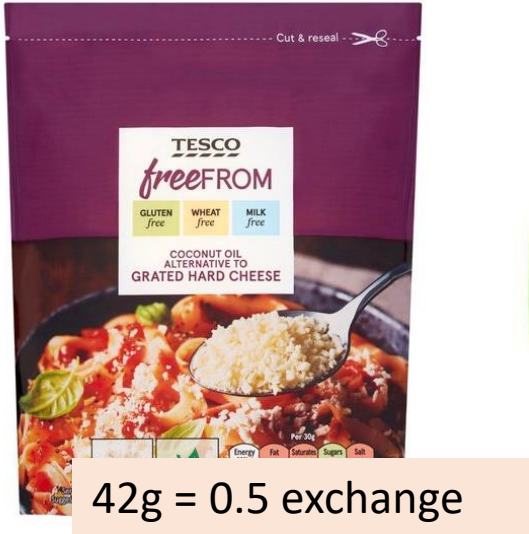
100g = 1 exchange



71g = 0.5 exchange

Available from Sainsburys

Tesco free from cheese alternatives



Available from
Tesco

Asda Free From cheese alternatives



Exchange free



Exchange free



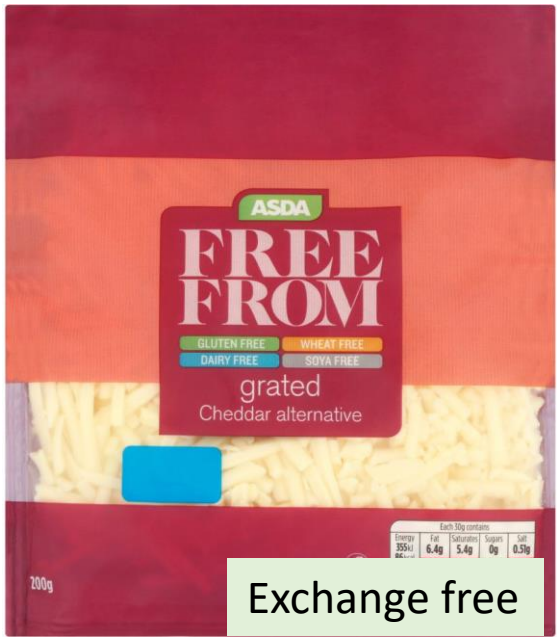
Exchange free



Exchange free



Exchange free



Exchange free

Available from Asda

Waitrose



Exchange free



Exchange free



Exchange free



Exchange free

Ocado



77g = 1 exchange



Exchange Free



Exchange Free



Exchange Free

Miscellaneous dairy free cheese



Exchange-free



Exchange -free



67g = 1 exchange

Available from
Asda/online

Koko



71g = 1 exchange



Exchange-free

Available from Waitrose, Ocado and
online/alternativestore.com.

Bute Island Sheese blocks



Available at most supermarkets, Holland and Barrett and *online* alternativestores.com

Bute Island Sheese slices



Bute Island Sheese Wedges



Available at most supermarkets,
Holland and Barrett and *online*
alternativestores.com

Bute Island Sheese Grated

Available at most
supermarkets, Holland
and Barrett and *online*
alternativestores.com



Green Vie vegan cheese slices (available in 250g and 500g packs)



Available at www.alternativestores.com, www.greenbaysupermarket.com and www.thevegankindsupermarket.com

Green Vie vegan cheese block: all flavours available in 250g and 2.5 kg blocks



2.5 kg
block size

Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



250g block size

Exchange-free

Available at www.alternativestores.com,
www.greenbaysupermarket.com and
www.thevegankindsupermarket.com

Green Vie vegan cheese

Available at www.alternativestores.com, www.greenbaysupermarket.com and www.thevegankindsupermarket.com



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



59g = 1 exchange



83g = 1 exchange



Exchange-free

Green Vie vegan cheese spreads

Available at www.greenbaysupermarket.com and
www.thevegankindsupermarket.com



Original
Exchange-free



Feta and spinach
Exchange-free



Tomato basil
Exchange-free



Tzatziki
Exchange-free



Red peppers
Exchange-free



Mushroom & Truffle
Exchange-free



Sour cream
Exchange-free

Follow your heart low protein cheese

Available at Ocado and *online* at [alternative.stores.com](https://www.alternative.stores.com)



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free

Mozzarisella low protein cheese



Creamoso
71g = 0.5 exchange



Cheddar
71g = 0.5 exchange



Spreadable
71g = 0.5 exchange



Smoked
71g = 0.5 exchange



Classic
71g = 0.5 exchange



Blue
56g = 0.5 exchange

Mozzarisella low protein cheese



71g = 0.5 exchange



71g = 0.5 exchange

Available online at www.thevegankindsupermarket.com,
alternativestores.com

Vegamigo low protein Pizza Melty



Exchange-free

Available online at www.veggiestuff.com

Wilmersburger low protein cheese slices



Wilmersburger low protein grated

Wilmersburger low protein block



Available online at www.thevegankindsupermarket.com

Nature-moi low protein 'essential' cheese



Exchange free



Exchange free



Exchange free

Each product is available in the following flavours:

ORIGINAL

CHEDDAR

MOZZARELLA

GOAT CHEESE

Nature-moi low protein grated cheese



Exchange free



Exchange free



Exchange free

Available online at www.thevegankindsupermarket.com

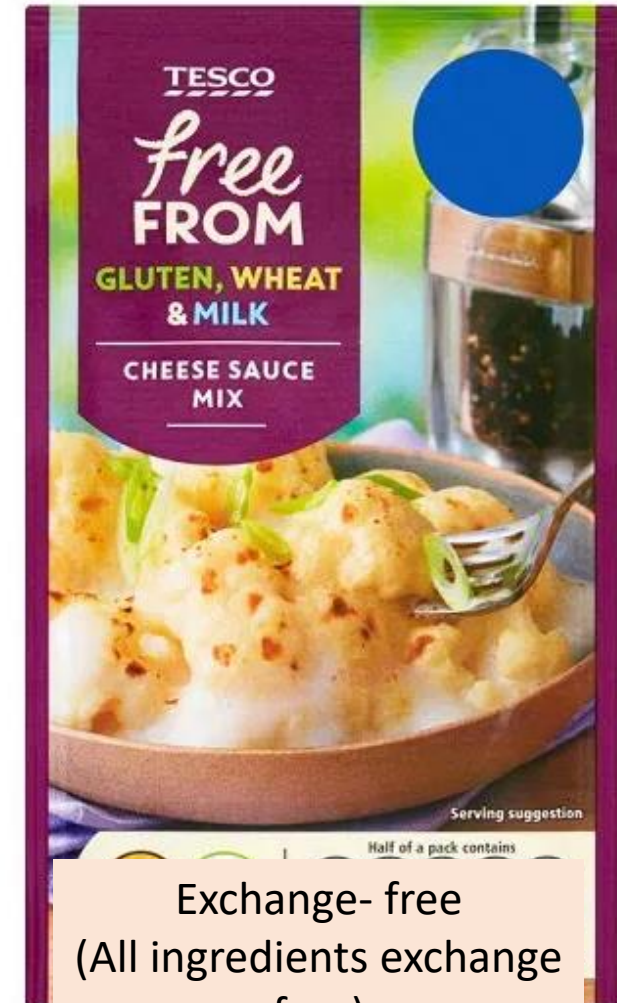
Cheese Sauce powders



13g made up
with water or
protein free
milk = 1
exchange



100ml sauce
prepared as
directed = 1
exchange



Exchange- free
(All ingredients exchange
free)
Make up with protein-
free milk