

# Special Low Protein/Low Phenylalanine Prescribable Products

## Allowed without counting as exchanges (except where indicated).

These foods can be used without counting in the diet (**except where indicated**); check that the name on the packet or tin exactly matches the name listed below and the brand specified. The items are as supplied and many need special preparation and additional ingredients added must be selected appropriately for the low phenylalanine diet.

The pack weights and number of packs in a box have been included where supplied by the manufacturer.

BISCUITS / CRACKERS	Pack Size	PIP Code
<b>GLUTEN FREE FOODS</b>		
PK Foods Aminex Low Protein Rusk	200g	216-0190
PK Foods Low Protein Crispbread	200g	216-0208
<b>NUTRICIA</b>		
Loprofin Low Protein Crackers (savoury)	150g	039-7125
Loprofin Low Protein Herb Crackers	150g	277-4446
<b>VITAFLO</b>		
Vitaflo Choices Low Protein Mini Crackers	40g (15x40g)	381-5727
<b>TARANIS</b>		
Taranis Chocolate Chip Cookies	135g	405-5772
Taranis Shortbread Biscuits	120g	401-5749
Taranis Raspberry Shortbread Biscuits	120g	401-5756
Taranis Chocolate Chip Biscuits	120g	401-5764
Taranis Caramel Shards Biscuits	130g	401-5731
Taranis Snackybille Emmenthal Flavour	40g	403-3569
Taranis French Toasts	250g	401-5723
<b>MEVALIA</b>		
Frollini	200g	382-0594

<b>PASTA and RICE</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>NUTRICIA</b>		
Loprofin Low Protein Penne	500g	331-5041
Loprofin Low Protein Long Spaghetti	500g	211-5251
Loprofin Low Protein Fusilli	500g	331-5058
Loprofin Low Protein Macaroni Elbows	250g	328-5194
Loprofin Low Protein Rice	500g	232-3376
Loprofin Low Protein Lasagne	250g	298-1777
Loprofin Low Protein Tagliatelle	500g	328-5210
Loprofin Low Protein Animal Shapes	500g	335-6169
<b>FIRSTPLAY DIETARY FOODS</b>		
<b>Promin Low Protein Pasta: -</b>		
Spirals	500g	290-7608
Shells	500g	290-7616
Alphabets	500g	287-5466
Macaroni	500g	290-7624
Elbows	500g	290-7590
Flat Noodles	500g	356-1587
Short Cut Spaghetti	500g	290-7632
<b>Promin Low Protein Tricolour: -</b>		
Spirals	500g	240-5140
Shells	500g	240-5132
Alphabets	500g	240-5157
Elbows	500g	286-8487
<b>Promin Low Protein Speciality Pasta: -</b>		
Promin Lasagne Sheets	200g	290-7582
Promin Low Protein Pastameal	500g	240-5181
Promin Low Protein Couscous	500g	290-7640
Promin Low Protein Imitation Rice	500g	240-5165

<b>Promin Pasta in Sauce: -</b> Tomato, Pepper & Herb ( <b>1 sachet = ½ ex</b> ) Cheese and Broccoli ( <b>1 sachet = 1 exchange</b> ) Moroccan Flavour ( <b>1 sachet = ½ exchange</b> )	4 x 72g 4 x 66g 4 x 72g	290-7665 290-7657 327-9734
<b>Promin X-Pots: -</b> All Day Scramble Beef & Tomato ( <b>1 pot = ½ exchange</b> ) Rogan Style Curry ( <b>1 pot = ½ exchange</b> ) Chip Shop Curry	4 x 60g 4 x 60g 4 x 60g 4 x 60g	369-3116 369-3108 369-3074 369-3082
<b>Promin Mac Pots: -</b> Macaroni Cheese Tomato Macaroni	4 x 61g 4 x 61g	377-9865 377-9873
<b>Promin Potato Pots: -</b> Cabbage & Bacon Flavour ( <b>1 sachet = 1 ex</b> ) Onion Flavour ( <b>1 sachet = 1 exchange</b> ) Sausage Flavour ( <b>1 sachet = 1 exchange</b> )	4 x 50g 4 x 50g 4 x 50g	378-2026 378-2000 378-2018
<b>Promin Low Protein Plus (LP pasta with fibre):</b> Promin Plus LP Flat Noodles Promin Plus LP Macaroni Promin Plus LP Spaghetti Promin Plus LP Spirals	500g 500g 500g 500g	384-5310 384-5336 384-5328 384-5302
<b>Taranis</b> Risotto Substitute	4 x 300g	407-1965
<b>For all FirstPlay products (Promin/Taranis/ Metax) your pharmacy should contact FirstPlay direct – these products are not available through wholesalers...</b>  <b>FirstPlay Dietary Foods Ltd</b> Unit 4 Avondale Industrial Estate Avondale Road, Edgeley, Stockport Cheshire SK3 0UD <b>orderline@firstplaydf.com</b>		
<b>MEVALIA</b>  Mevalia Low Protein Fusilli Mevalia Low Protein Penne Mevalia Low Protein Spaghetti Mevalia Ditali Mevalia Rice	500g 500g 500g 500g 400g	381-9778 381-7152 381-7145 339-1114 339-1106

<b>BREAD, FLOUR and MIXES</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>FATE SPECIAL FOODS</b> Fate Low Protein All-Purpose Mix Fate Low Protein Cake Mix Fate Low Protein Chocolate Flavour Cake Mix  <b>PLEASE NOTE:</b> Fate low protein products can only be ordered <b>direct from Fate Special Foods.</b> Please ask your pharmacy to telephone <b>0121 522 4433</b> to arrange direct delivery	500g 2x 250g 2 x 250g	279-8270 279-8288 279-8296
<b>GLUTEN FREE FOODS</b> PK Foods Low Protein White Sliced Bread PK Foods All Purpose Flour Mix	550g 750g	280-3781 280-3765
<b>NUTRICIA</b> Loprofin Low Protein Part-Baked Rolls Loprofin Low Protein Part-Baked Sliced Bread Loprofin Low Protein Mix Loprofin Low Protein Chocolate Cake Mix	6 rolls 400g 500g 500g	361-6067 361-6075 004-6607 332-7277
<b>JUVELA</b> Juvella Low Protein Loaf -sliced Juvella Low Protein Bread Rolls Juvella Low Protein Mix	400g 5 rolls 500g	092-3961 206-3485 035-2765
<b>MEVALIA</b> Mevalia Low Protein Bread Mix Mevalia Low Protein Pan Carre Mevalia Low Protein Pan Rustico Mevalia Low Protein Ciabattine Mevalia Low Protein Pizza Base Mevalia Low Protein Mini Baguette Mevalia Low Protein Pane Casereccio	500g 2 x 200g 2 x 200g 4 x 65g 2 x 150g 2 x 100g 220g	381-9752 381-7186 381-7194 381-7202 381-7178 402-8940 405-7857

<b>FIRSTPLAY DIETARY FOODS</b> Promin LP Fresh Baked Sliced <i>White</i> Bread Promin LP Fresh Baked Sliced <i>Brown</i> Bread Promin Low Protein Potato Cake Mix* Promin Low Protein All Purpose Baking Mix Promin Low Protein Fresh Baked Bread Buns <b>*50g dry potato cake mix = 1 exchange</b>	4 x 400g loaves 4 x 400g loaves 300g 1000g 6 x 75g	394-3941 408-5528 395-0292 410-7611 405-6537
<b>TARANIS</b> Taranis Natural Cake Mix Taranis Pancakes & Waffles Mix	300g 300g	403-4963 403-5085

<b>BREAKFAST CEREALS</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>NUTRICIA</b> Loprofin Low Protein Breakfast Cereal Loops Loprofin Flakes - Chocolate Flavour Loprofin Flakes - Strawberry Flavour	375g 375g 375g	266-0140 328-5160 328-5152
<b>FIRSTPLAY DIETARY FOODS</b> <b>Hot Breakfast: -</b> Original Flavour Apple and Cinnamon Flavour Chocolate Flavour Banana Flavour	6 x 56g 6 x 57g 6 x 57g 6 x 57g	317-2509 317-2525 322-4854 317-2533
<b>Breakfast Bars: -</b> Apple & Cinnamon Chocolate & Cranberry Banana Cranberry	6 x 40g 6 x 40g 6 x 40g 6 x 40g	386-0830 386-0855 386-0814 386-0822

<b>PUDDINGS, DESSERTS &amp; CAKES</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>GLUTEN FREE FOODS</b> PK Foods Low Protein Orange Jelly Mix PK Foods Low Protein Cherry Jelly Mix	4 x 80g 4 x 80g	280-3724 280-3716
<b>FIRSTPLAY DIETARY FOODS</b> <b>Promin Low Protein Rice Pudding Mix: -</b> Original Apple Banana Strawberry	4 x 69g 4 x 69g 4 x 69g 4 x 69g	324-6873 326-3910 326-3902 326-3928

<b>Promin Low Protein Desserts: -</b>		
Chocolate and Banana Dessert	6 x 36.5g	327-9767
Strawberry and Vanilla Dessert	6 x 36.5g	327-9759
Caramel Dessert	6 x 36.5g	341-5049
Custard Dessert	6 x 36.5g	341-5031
Taranis Low Protein Lemon Cake	6 x 40g	386-0798
Taranis Low Protein Pear Cake	6 x 40g	394-3941
Taranis Low Protein Apricot Cake	6 x 40g	357-9471
Taranis Hazelnut Spread	230g tub	327-0284
Taranis Strawberry Dessert	pack of 4 pots x 125g	401-7679
Taranis Caramel Dessert	pack of 4 pots x 125g	401-7687
Metax Low Protein YoguMaxx (yoghurt substitute)	400g (23 servings)	407-4159
<b>MEVALIA</b>		
Fruit Bar	5 x 25g	402-8957

MISCELLANEOUS FOODS	Pack Size	PIP Code
<b>FIRSTPLAY DIETARY FOODS</b>		
<b>Promin Low Protein Burger Mix: -</b>		
*Original Flavour	4 x 62g	322-4862
*Mint Flavour	4 x 62g	341-4927
<b>*Count as 1 sachet = 1 exchange</b>		
<b>Promin Low Protein Sausage Mix: -</b>		
*Original	4 x 30g	341-4984
*Tomato and Basil	4 x 30g	341-4950
*Apple and Sage	4 x 30g	341-4968
<b>* Count as 1 sachet = ½ exchange</b>		
Promin Salted Croutons	4 x 40g	386-0798
<b>Promin Low Protein Snax: -</b>		
4 flavours...Ready Salted, Jalapeno, Cheese & Onion and Salt & Vinegar in a mixed box	12 x 25g	356-1586

<b>Promin Low Protein Snax are also available in individual flavours in a box</b>		
Snax Jalapeno	12 x 25g	402-4170
Snax Cheese & Onion	12 x 25g	402-4188
Snax Ready Salted	12 x 25g	402-4444
Snax Salt & Vinegar	12 x 25g	402-4162
<b>Promin Low Protein Soups: -</b>		
Chicken Flavour with LP Croutons	4 x 28g	383-7465
Creamy Tomato with LP Croutons	4 x 23g	384-5294
Minestrone with LP Croutons	4 x 28g	383-7481
Pea & Mint with LP Croutons	4 x 23g	383-7473
Promin Low Protein Cheese Sauce Mix	225g	383-7457
<b>TARANIS</b>		
Fish Substitute*	4 x 62g sachets	401-7695
*1 portion (30g) = ½ exchange – please discuss with your dietitian before introducing this product to your diet		
<b>MEVALIA</b>		
Burger Mix	350g	339-1098

<b>FAT and FAT and CARBOHYDRATE PRODUCTS</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>NUTRICIA</b>		
<b>Calogen LCT Emulsion: -</b>		
Neutral	200ml	327-3414
Neutral	500ml	327-3380
Strawberry	200ml	327-3422
Strawberry	500ml	327-3398
Banana	500ml	327-3406
Duocal - super soluble	400g	031-4989

<b>EGG REPLACERS</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>GLUTEN FREE FOODS</b> PK Foods Low Protein Egg Replacer	350g	280-3773
<b>MEVALIA</b> Mevalia Egg Replacer	400g	401-7943
<b>NUTRICIA</b> Loprofin Egg Replacer Loprofin Egg White Replacer	2 x 250g 100g	022-8031 270-1456

<b>LOW PROTEIN DRINKS</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>NUTRICIA</b> *Loprofin PKU Long Life Milk Drink (Contains 20mg phe per 200ml carton = ½ exchange per carton)	27 x 200ml	043-0827
Sno-Pro Drink	27 x 200ml	022-0293
<b>VITAFLO</b> ProZero Protein Free Drink	18 x 250ml 6 x 1 litre	304-5065 340-5073
<b>TARANIS</b> Taranis Dalia Liquid milk substitute (contains 20 mg phe per 200ml) Taranis Dalia powder milk substitute	24 x 200 ml 400 g	401-5780 403-4971

<b>LOW PROTEIN ENERGY BARS</b>	<b>Pack Size</b>	<b>PIP Code</b>
<b>VITAFLO</b> Vitabite bars	7 x 25g	277-1053
<b>MEVALIA</b> Chocotino	100g	405-7592



# Low Protein Food Manufacturers' Contact Details

<b>FATE Special Foods</b>	<b>Tel: 0121 522 4433</b> <b>Email: admin@fatespecialfoods.com</b>
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<b>GLUTEN FREE Foods</b> (PK Foods products)	<b>Tel: 020 8953 4444</b> <b>E: ellis@glutenfreefoods.co.uk</b>
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