



**Low protein  
snack list**

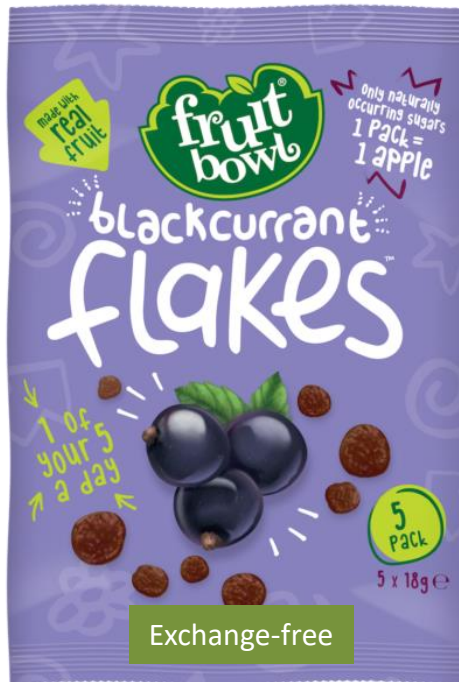
# Snacks

**Includes dried fruit, crisps, popcorn and cereal bars**

- Always check protein values and label ingredients as products change recipe from time to time
- Crisps: Please note the protein content will vary with the size of the packets and between different flavours
- Dried fruits: if they contain ingredients such as rice flour or yoghurt they must be counted as exchanges
- Always check the label for aspartame
- 1 exchange = 1g protein



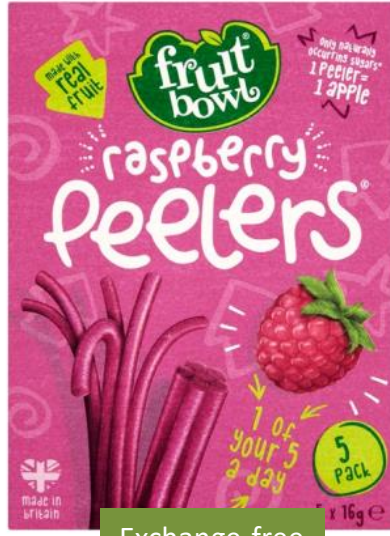








Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange

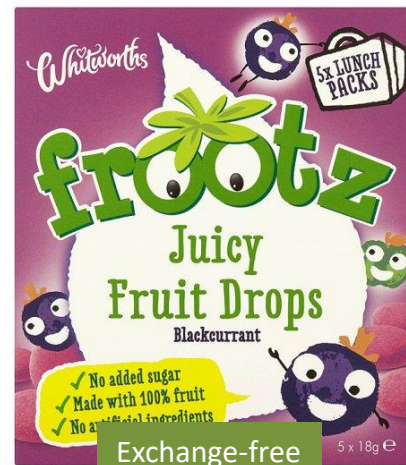




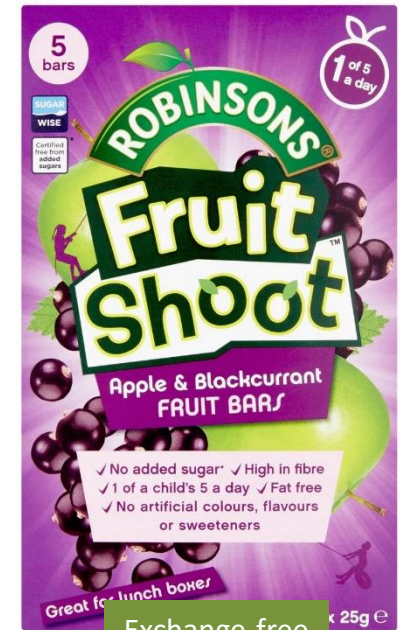
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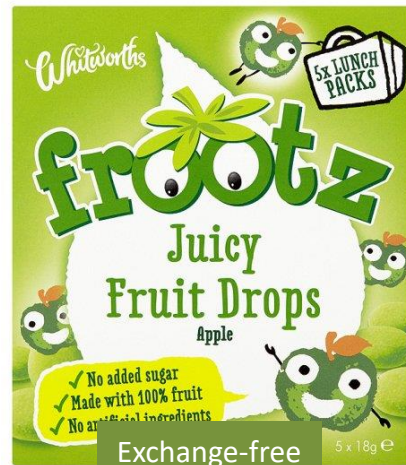
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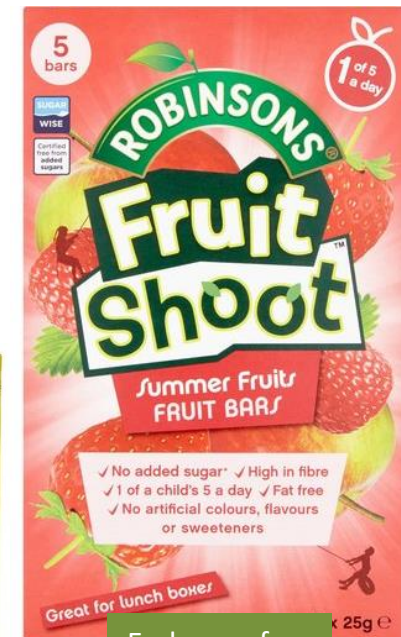
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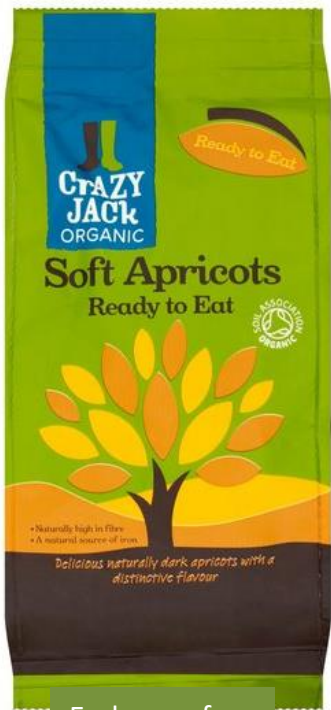


Exchange-free



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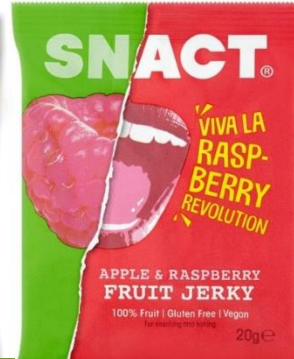
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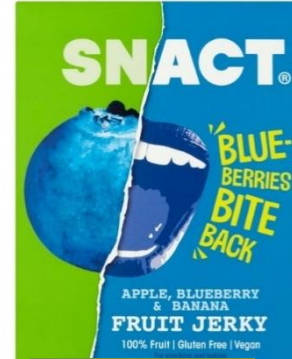
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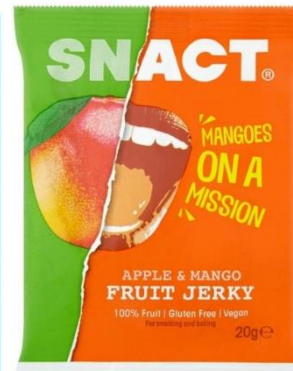
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Exchange-free



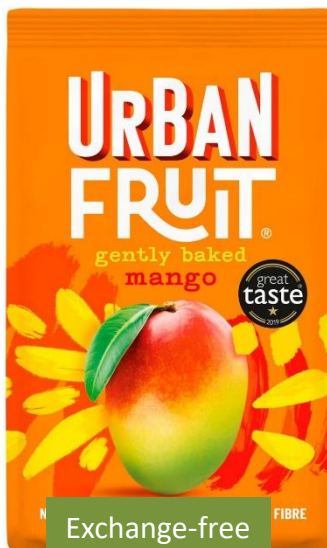
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Exchange-free



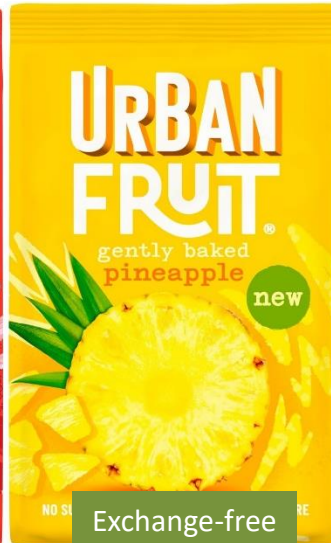
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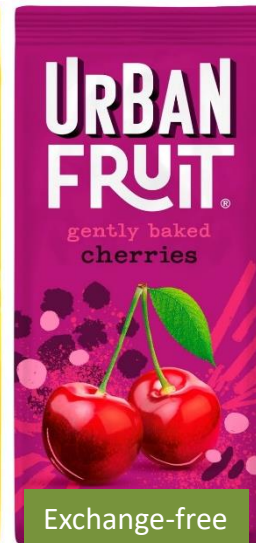
Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free





Exchange-free



Exchange-free



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Exchange-free



Exchange-free



Exchange-free

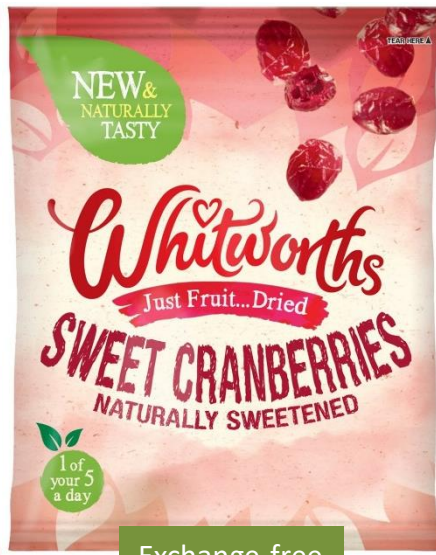


Exchange-free





Exchange-free



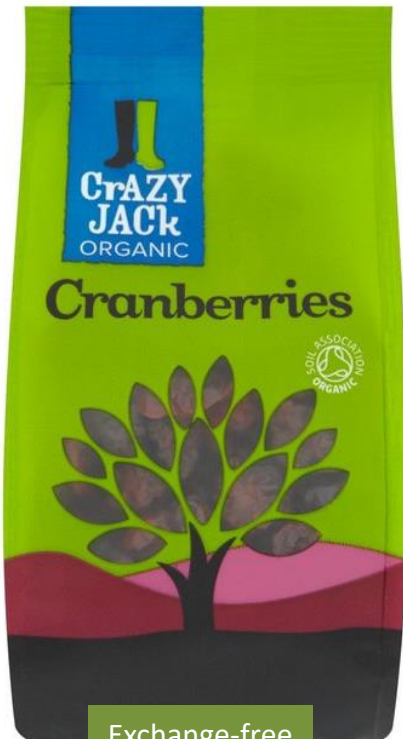
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Exchange-free



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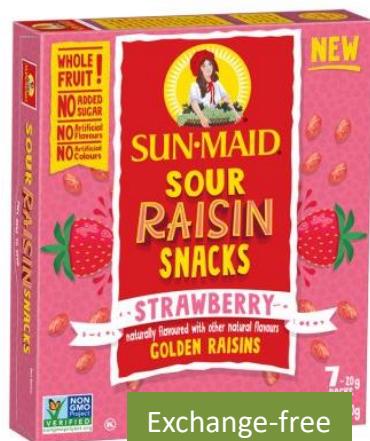
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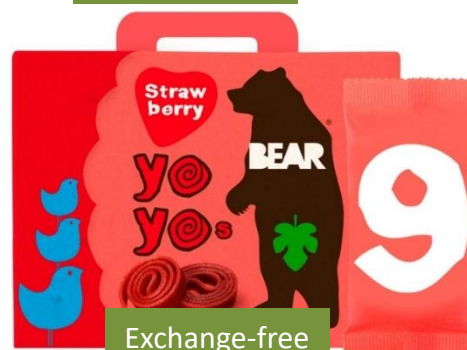
Exchange-free



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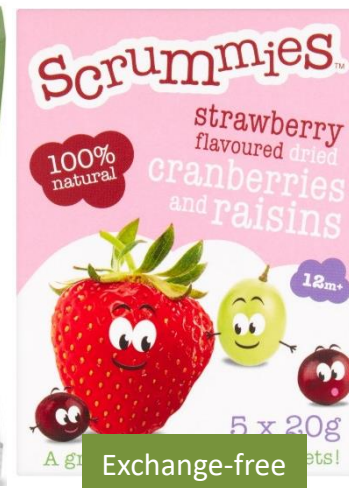
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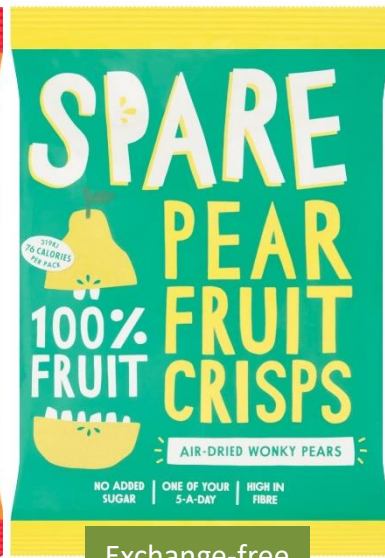


Exchange-free





Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



Exchange-free



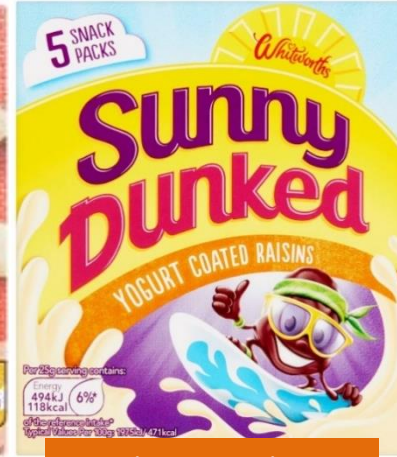
# Yogurt snacks



1 x 25g bag = 0.5 exchange



1 x 25g bag = 0.5 exchange



1 pack = 0.5 exchange



1 x 25g bag = 0.5 exchange



56g = 1 exchange



50g = 1 exchange



67g = 1 exchange

Yogurt fruity  
Snacks should  
be counted as  
exchanges





17g bag =  
1 exchange



1 x 40g bag =  
1.5 exchange



26g =  
1 exchange



1 x 30g bag =  
2 exchanges



1 x 25g bag =  
1.5 exchange



26g =  
1 exchange

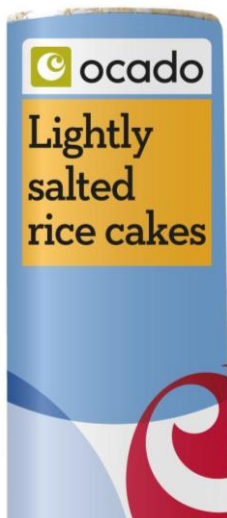








1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



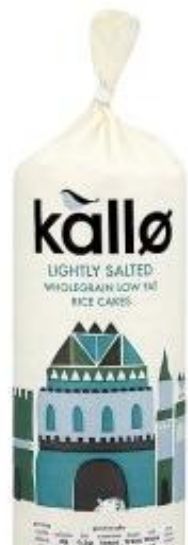
1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice cake  
= 0.5 exchange



1 rice thin  
= 0.5 exchange





1 rice cake = 1 exchange



3 mini rice cakes = 1 exchange



1 rice cake  
= 1 exchange



1 rice cake  
= 1 exchange



1 rice cake = 1 exchange



16g rice cake pack = 1 exchange



1 rice cake pack = 1 exchange



16g rice cake pack = 1 exchange



1 rice cake = 1 exchange



1 rice cake = 1 exchange



16g rice cake pack = 1 exchange





Each 13g bag = 0.5 exchange



Each 13g bag = 0.5 exchange



1x 15g bag = 0.5 exchange



1x 15g bag = 0.5 exchange



1x 16g bag  
= 0.5 exchange



1x 13g bag  
= 0.5 exchange



1x 16g bag  
= 0.5 exchange



1x bag  
= 0.5 exchange



1x 19g bag  
= 0.5 exchange





1 x 14g bag  
= 0.5 exchange



1 x 12.5g bag  
= 0.5 exchange



1 bag = 0.5 exchange



1 x 17g bag = 0.5  
exchange



1 x 20g bag = 0.5  
exchange



1 x 18g bag = 0.5 exchange



1 x 18g bag = 0.5 exchange



1 x 18g bag = 0.5 exchange



1 x 13g bag = exchange-free  
2 x 13g bag = 0.5 exchange





1 x 15g bag = 0.5 exchange



1 x bag = 0.5 exchange



1 x 20g bag = 0.5 exchange



1 x 12g bag = 0.5 exchange



1 x 12g bag = 0.5 exchange





1x 15g bag = 1 exchange



1 x 15g bag = 1 exchange



1x 18g bag = 1 exchange



1 x 17g bag = 1 exchange



1x 24g bag = 1 exchange



1x 24g bag = 1 exchange



1 x 24g bag = 1 exchange



1x 24g bag = 1 exchange



1 x 11g bag = 1 exchange





1 x 18g bag = 1 exchange



1 x 18g bag = 1 exchange



1 x 18g bag = 1 exchange



1 x 17g bag  
= 1 exchange



1 x 17g bag  
= 1 exchange



1 x 16g bag = 1 exchange



1 x 16g bag = 1 exchange



1 x 20g bag = 1 exchange



1 x 19g = 1 exchange



1 x 18g = 1 exchange





1 x 13g bag = 1 exchange



1 x 17g bag = 1 exchange



1 x 17g bag = 1 exchange



1 x 17g bag = 1 exchange



1 x 20g bag = 1 exchange



1 x 25.5g bag = 1 exchange



1 x 25g bag = 1 exchange



1 x 20g bag  
= 1 exchange





1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange





1 x 24g bag  
= 1.5 exchange



1 x 23g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1x 23g bag  
= 1.5 exchange



1 x 23g bag  
= 1.5 exchange



1 x 22g bag  
= 1.5 exchange



1 x 22g bag  
= 1.5 exchange



1 x 22g bag  
= 1.5 exchange





1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange





1 x 23g bag  
= 1.5 exchange



1x 23g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 22g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange





1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



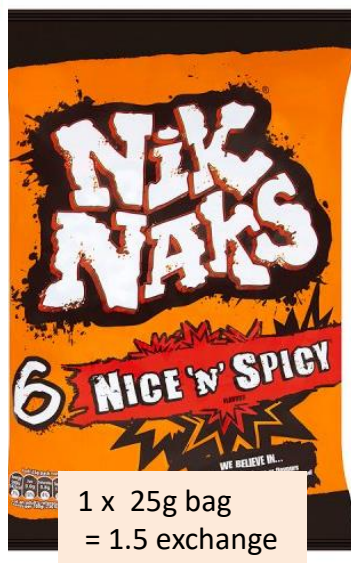
1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 28g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange

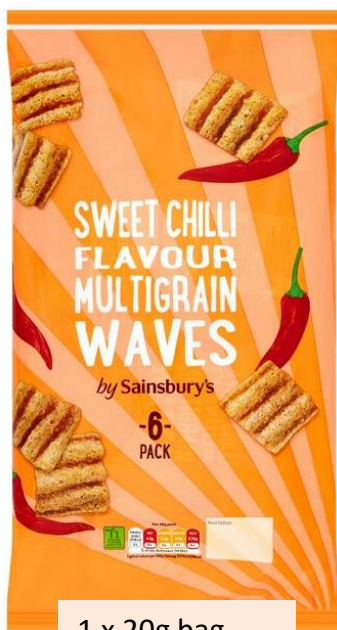


1 x 25g bag  
= 1.5 exchange





1 x 20g bag  
= 1.5 exchange



1 x 20g bag  
= 1.5 exchange



1 x 22g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 20g bag  
= 1.5 exchange



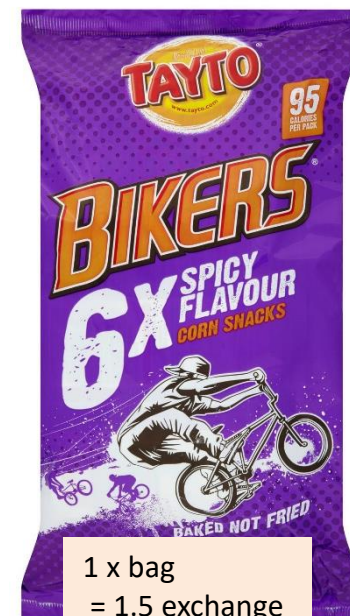
1 x 20g bag  
= 1.5 exchange



1 x 20g bag  
= 1.5 exchange

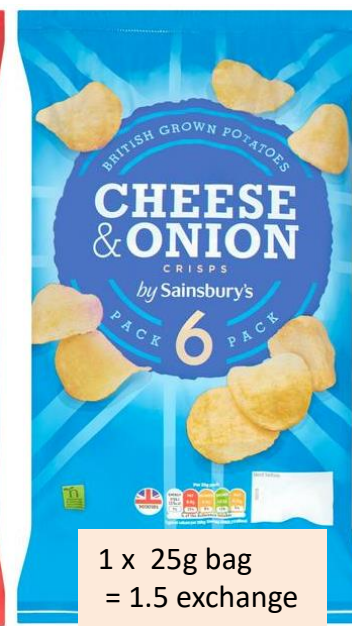


1 x 20g bag  
= 1.5 exchange



1 x bag  
= 1.5 exchange









1 x 40g = 1.5 exchange



1 x 40g = 1.5 exchange



1 x 40g = 1.5 exchange



1 x 40g = 1.5 exchange



1 x 20g = 1.5 exchange



1 x 20g = 1.5 exchange



1 x 20g = 1.5 exchange





1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag = 1.5 exchange



1 x 25g bag = 1.5 exchange



1 x 25g bag = 1.5 exchange



1 x 25g bag = 1.5 exchange





1 x 30g bag  
= 2 exchange



1 x 30g bag  
= 2 exchange



1 x 30g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange



1 x 25g bag  
= 1.5 exchange



1 x 25g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange

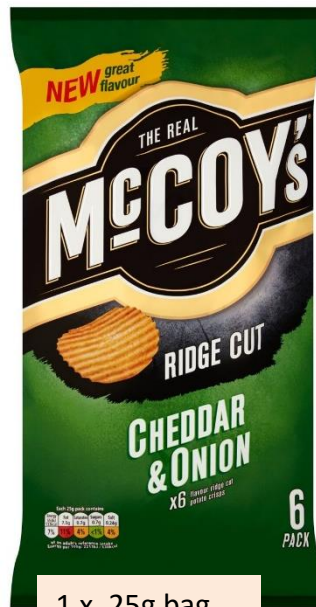


1 x 25g bag  
= 2 exchange





1 x 40g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange



1 x 27g bag  
= 2 exchange



1 x 20g bag  
= 2 exchange

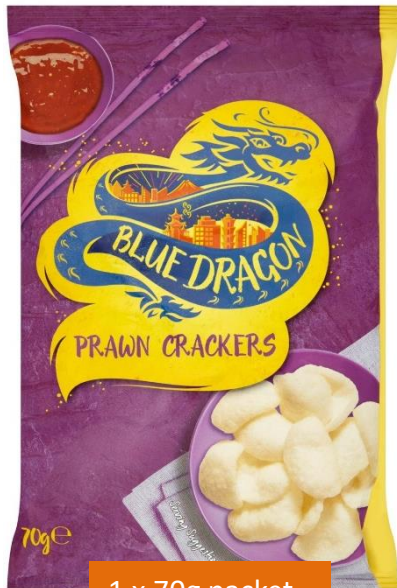


1 x 25g bag  
= 2 exchange

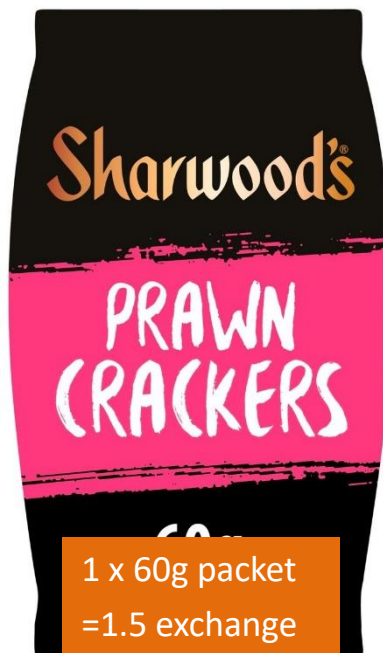


1 x 26g bag  
= 2 exchange





1 x 70g packet  
=0.5 exchange



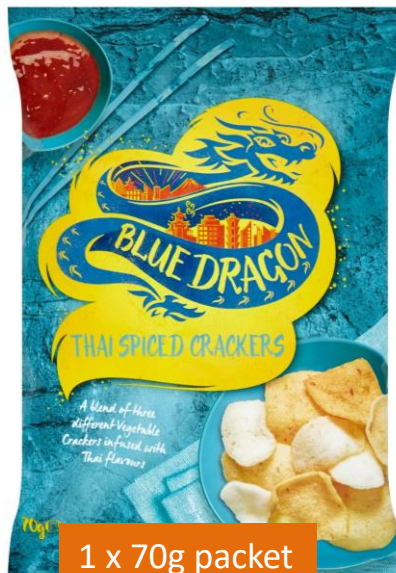
1 x 60g packet  
=1.5 exchange



1 x 50g packet  
=1 exchange



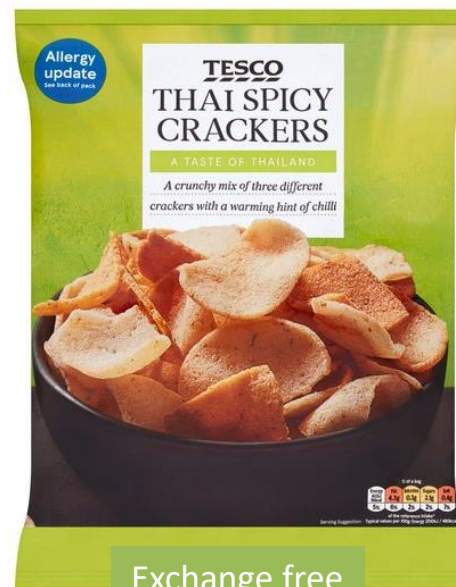
1 x 110g bag  
= 1.5 exchange



1 x 70g packet  
=1 exchange



1 x 60g packet  
=1.5 exchange



Exchange free



1 x 80g packet  
=1.5 exchange





1 x 19g packet  
= exchange free  
2 x 19g packets  
= 0.5 exchange



1 x 19g packet  
= exchange free  
2 x 19g packets  
= 0.5 exchange



1 x 19g packet  
= exchange free  
2 x 19g packets  
= 0.5 exchange



1 x 19g packet  
= 0.5 exchange



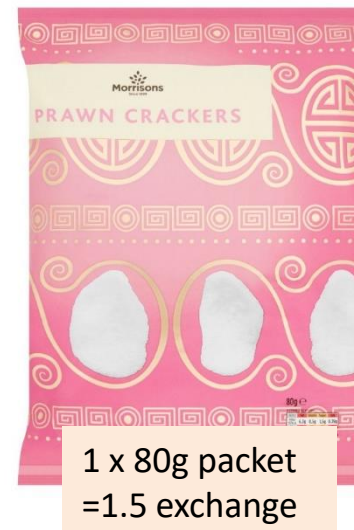
Exchange free



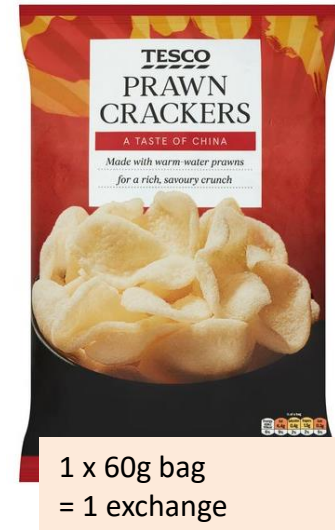
1 x 80g packet  
= 1.5 exchange



1 x 70g packet  
= 1.5 exchange



1 x 80g packet  
= 1.5 exchange



1 x 60g bag  
= 1 exchange





1 x 20g bag =  
0.5 exchange



1 x 12g bag  
= 0.5 exchange



1 x 12g bag  
= 0.5 exchange



1 x 11g bag  
= 1 exchange



1 x 20g bag  
= 1 exchange



1 x 14g bag  
= 1 exchange



1 x 17g bag  
= 1.5 exchanges



1 x 11g bag  
= 1 exchange



1 x 11g bag  
= 1 exchange





1 x 30g bag  
= 1.5 exchange



1 x 20g bag  
= 1.5 exchange



1 x 10g bag  
= 1 exchange



1 x 14g bag  
= 0.5 exchange



1 x 12g bag  
= 1 exchange



1 x 25g bag  
= 2 exchange



1 x 20g bag  
= 1.5 exchange



1 x 25g bag  
= 2 exchange



1 x 25g bag  
= 2 exchange



1 x 20g bag  
= 1.5 exchange





20g = 1 exchange



24g = 1 exchange



21g = 1 exchange



22g = 1 exchange



26g = 1 exchange



1 x 25g bag = 1 exchange



19g = 1 exchange

**Vegetable crisps** (even if made from exchange-free vegetables) Should be counted as exchanges.

Use protein value on food analysis label to calculate exchange

These crisps are high in protein and phenylalanine

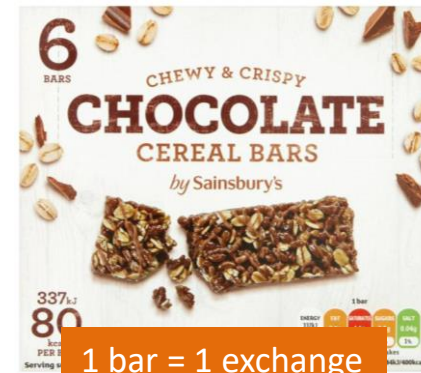




1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



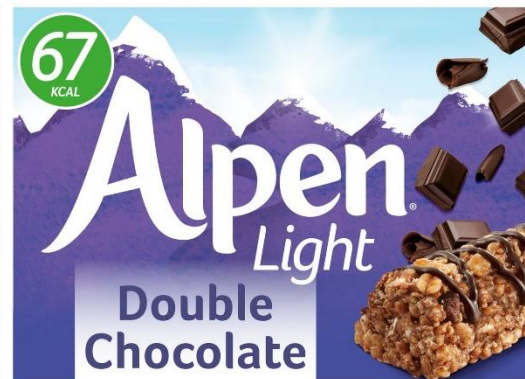
1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 0.5 exchange



1 bar = 1 exchange





1 bar = 1 exchange



1 bar = 0.5 exchange



1 bar = 1.5 exchange



1 bar = 1.5 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1.5 exchange



1 bar = 1 exchange





1 bar = 1 exchange



1 bar = 1.5 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1.5 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1.5 exchange



1 bar = 1.5 exchange









**FIBRE One**  
90 CALORIE

**Brownies**

1 bar = 1 exchange



**FIBRE One**  
90 CALORIE

**BIRTHDAY CAKE Squares**

1 bar = 0.5 exchange



**FIBRE One**  
90 CALORIE

**Cinnamon**

1 bar = 0.5 exchange



**FIBRE One**  
90 CALORIE

**Salted Caramel**

1 bar = 1 exchange



**FIBRE One**  
90 CALORIE

**Lemon Drizzle**

1 bar = 1 exchange



**FIBRE One**  
90 CALORIE

**Milk Chocolate Popcorn**

1 bar = 1 exchange



**FIBRE One**  
90 CALORIE

**peanut Butter Popcorn**

1 bar = 1.5 exchange



**FIBRE One**  
90 CALORIE

**NEW! CAKE BAR**

**4 Triple Choc Cake Bars**

1 bar = 1 exchange

1 x 1/2 (25g)	
Calories	90
Total Fat	2.5g
Total Sugar	12g
Total Fiber	5g
Total Protein	1g
Per 100 g: 1470 kJ / 350 kcal	



**FIBRE One**  
90 CALORIE

**NEW! CAKE BAR**

**4 Red Velvet Cake Bars**

1 bar = 1 exchange

1 x 1/2 (25g)	
Calories	90
Total Fat	2.5g
Total Sugar	12g
Total Fiber	5g
Total Protein	1g
Per 100 g: 1501 kJ / 360 kcal	



**FIBRE One**  
90 CALORIE

**NEW! CAKE BAR**

**4 Carrot Cake Bars**

1 bar = 1 exchange

1 x 1/2 (25g)	
Calories	90
Total Fat	2.5g
Total Sugar	12g
Total Fiber	5g
Total Protein	1g
Per 100 g: 1501 kJ / 360 kcal	



