



**Low protein
Xmas Foods
2023**

Notes



Any sweets containing protein up to 0.5g/100g protein (even if they contain *gelatine*) are **exchange-free**.





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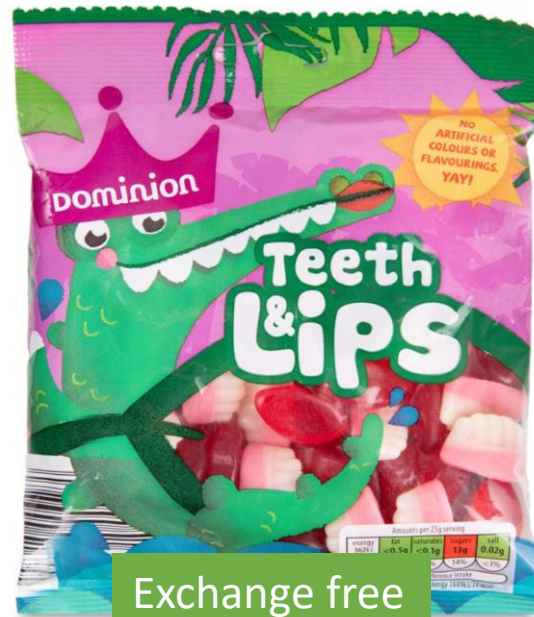
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Please check they say vegan/gelatine free as there are new and old Fruitella may still be on the shop shelves





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Exchange-free sweets from B&M, Poundland, online and other stores



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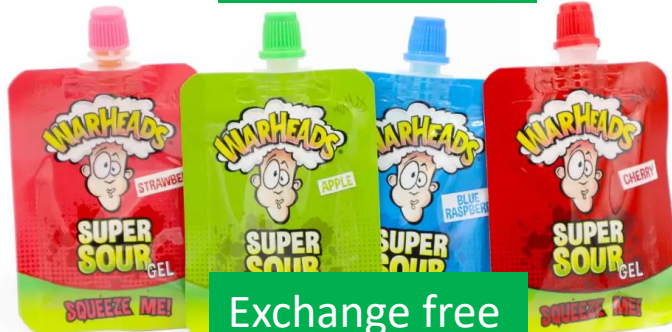
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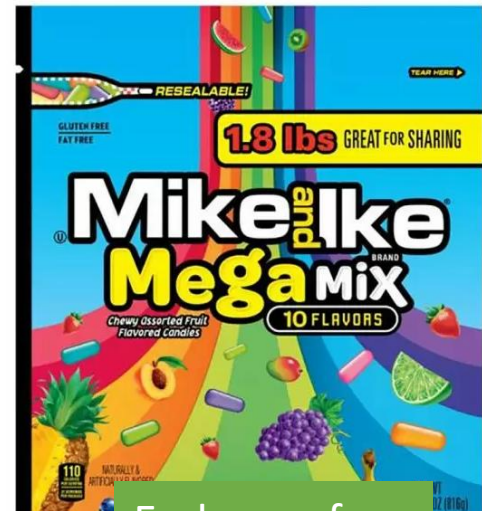
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Christmas Pop Ups Lollipop
with candy / mit Süßigkeiten
avec des bonbons / con caramelos



POP UPS! LOLLIPOP
Christmas Pop Ups Lollipop
with candy



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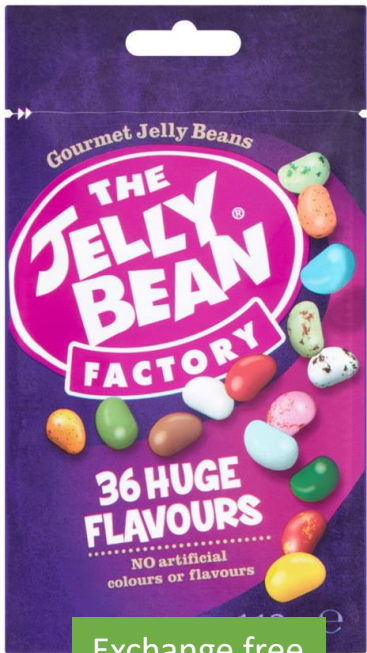
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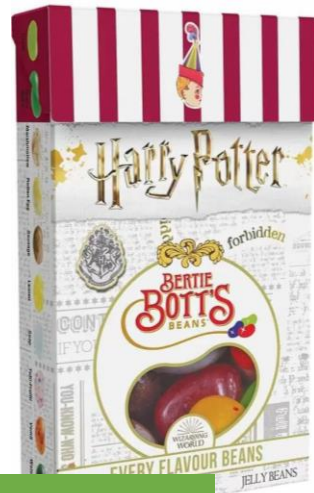
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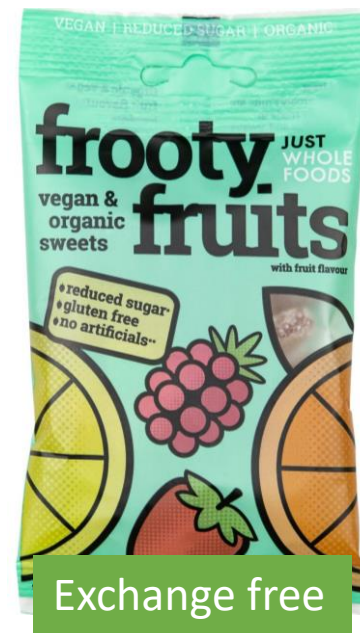
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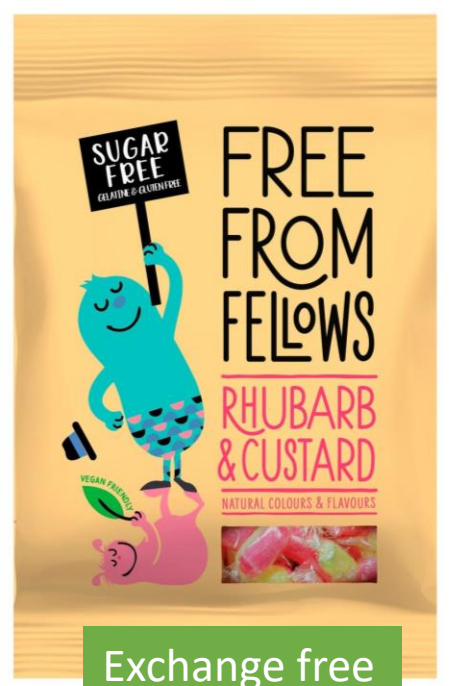
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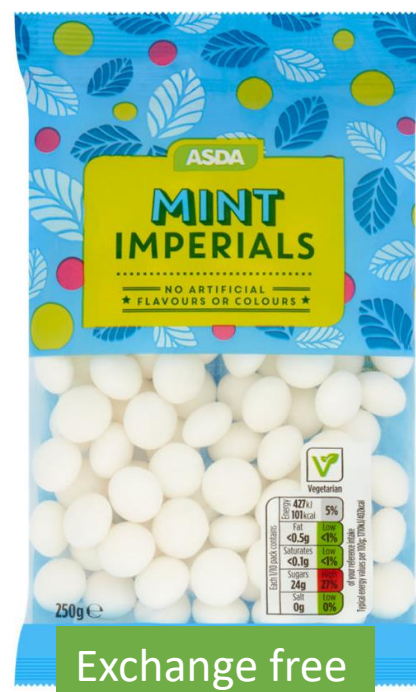
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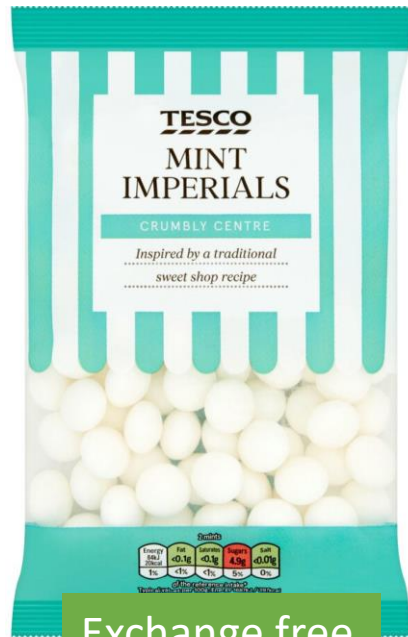
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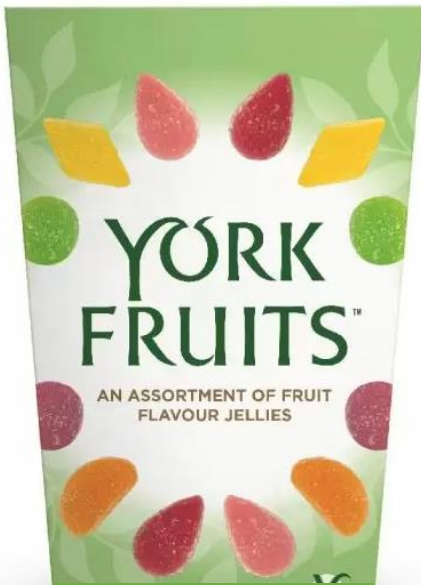
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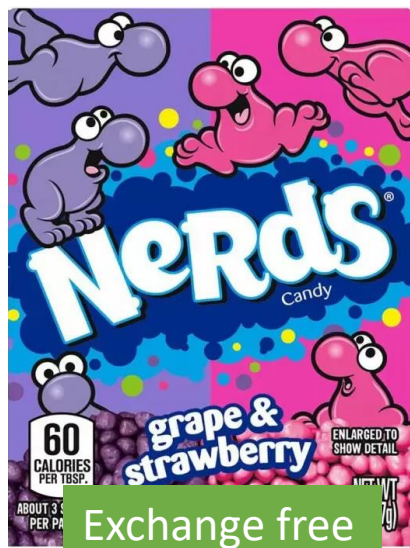
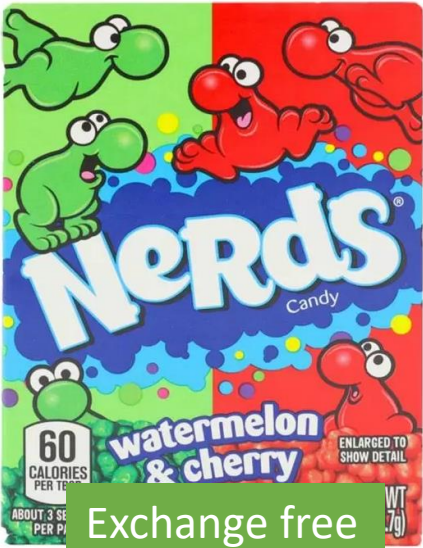
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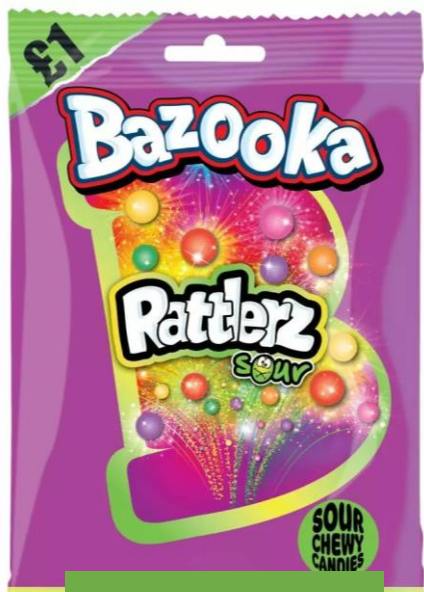
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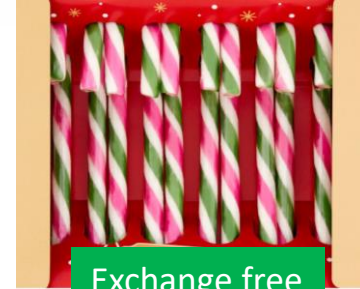
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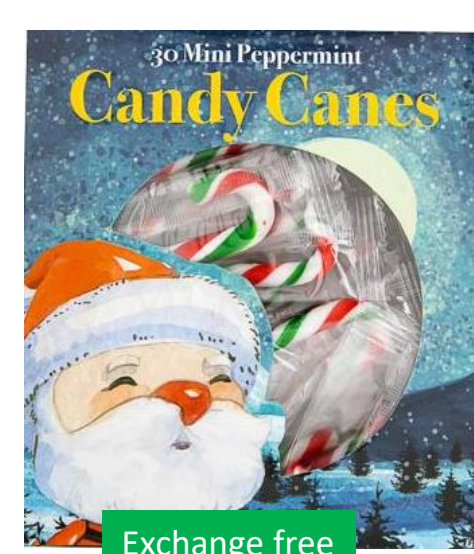
Exchange free



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Find in supermarkets and online



Exchange free



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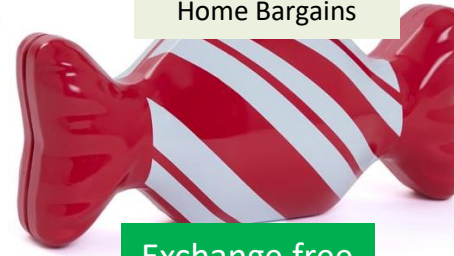
Exchange free



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Full of candy canes
Home Bargains

Exchange free



Exchange free



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Exchange-free. Find in garden centres and online

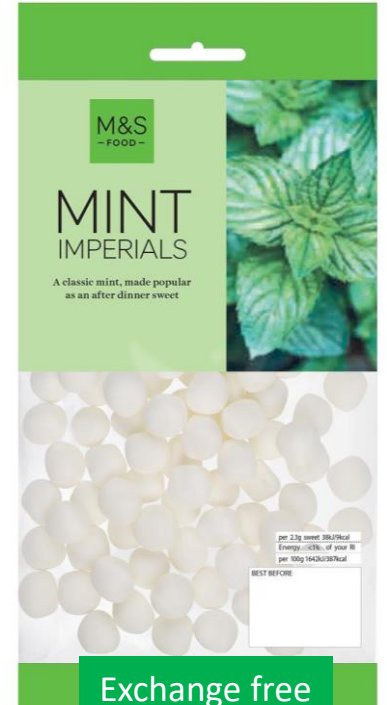
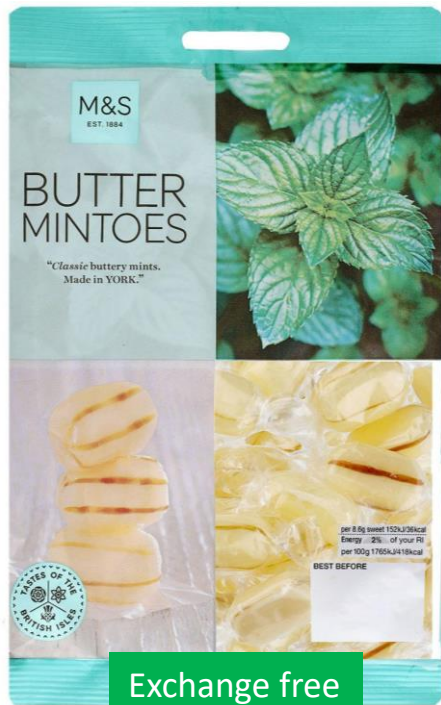


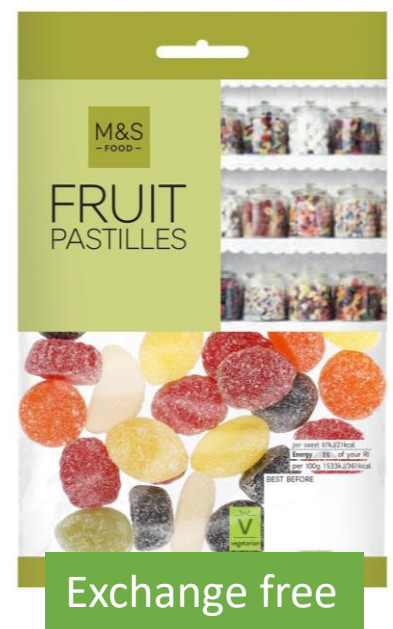
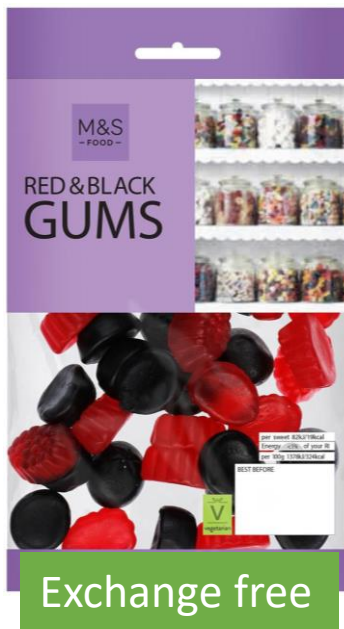
Xmas
Lolly
Holders



Xmas rock sweets
Find on Amazon and Ebay



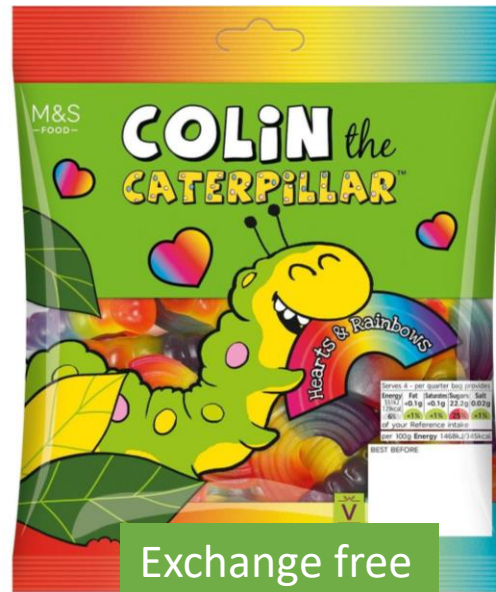




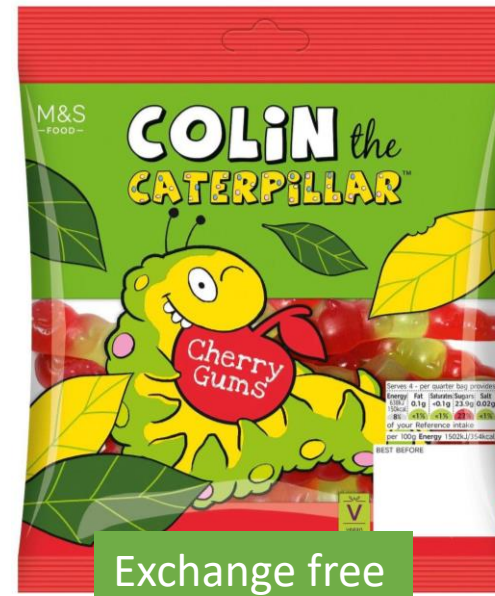




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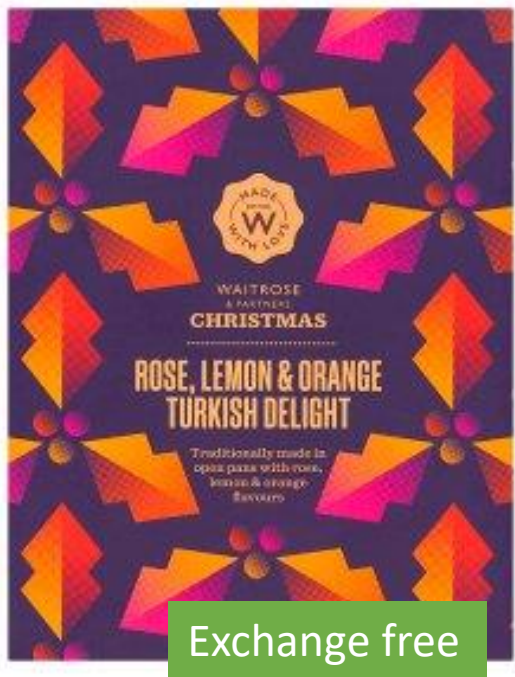


Exchange free



91g = 1 exchange







83g = 1 exchange



83g = 1 exchange



91g = 1 exchange



71g = 1 exchange



Exchange free



125g = 1 exchange



111g = 1 exchange



Exchange free



Exchange free



Exchange free



77g = 1 exchange



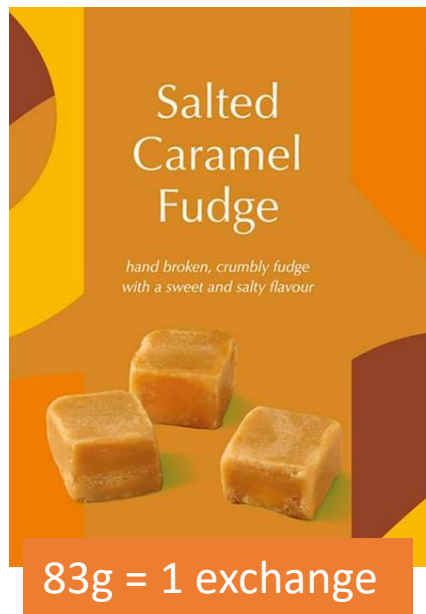
77g = 1 exchange



77g = 1 exchange



77g = 1 exchange



83g = 1 exchange



56g = 1 exchange



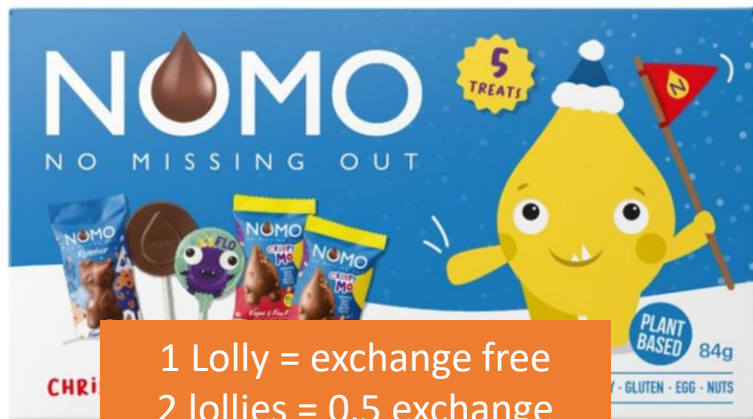
100g = 1 exchange



77g = 1 exchange



71g = 1 exchange



1 Lolly = exchange free
 2 lollies = 0.5 exchange
 1 reindeer = 0.5 exchange
 1 crispy Mo = 0.5 exchange



1 = 0.5 exchange



1 = 1 exchange



1 = 0.5 exchange



1 Lolly = exchange free
 2 lollies = 0.5 exchange



42g = 1 exchange



5 chocolates = 1 exchange



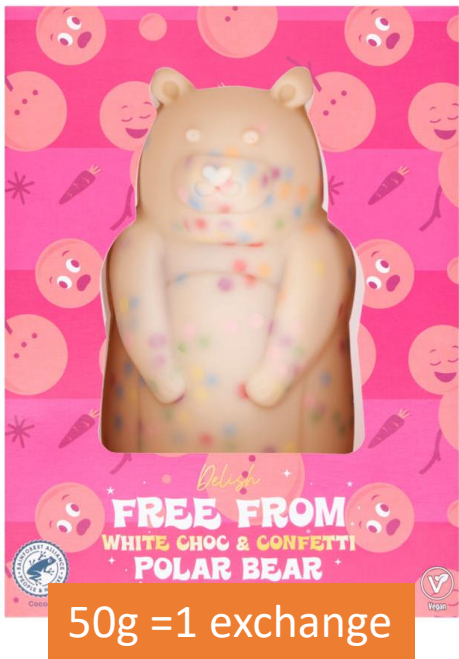
5 chocolates = 1 exchange



3 chocolates = 1 exchange



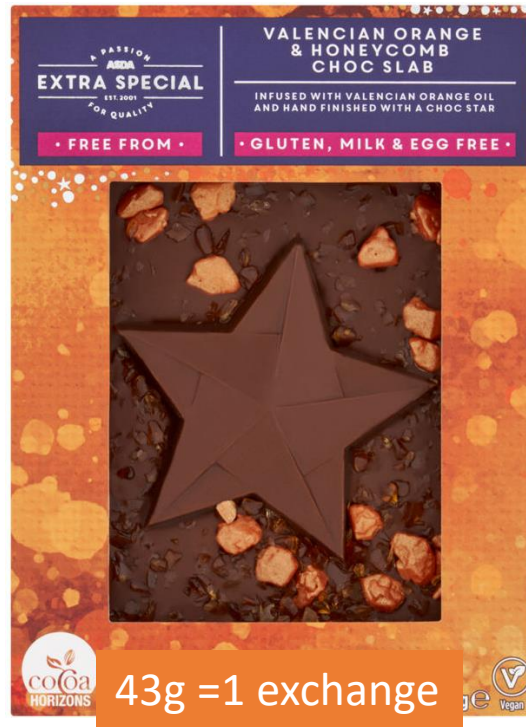
See page 56 for protein exchange amounts



50g = 1 exchange



1 x 15g = 0.5 exchange



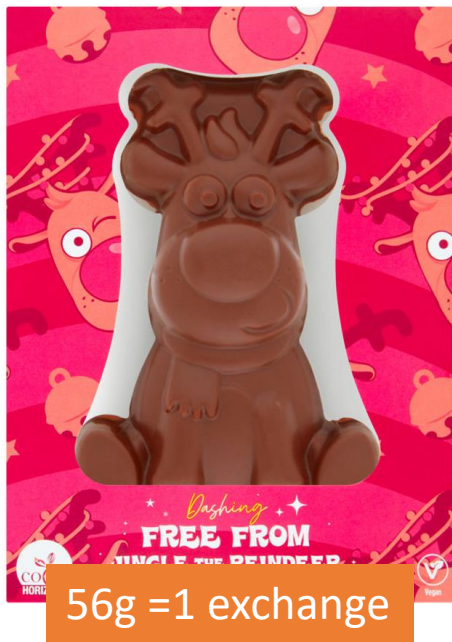
43g = 1 exchange



91g = 1 exchange



43g = 1 exchange



56g = 1 exchange



45g = 1 exchange



63g = 1 exchange



5 truffles = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



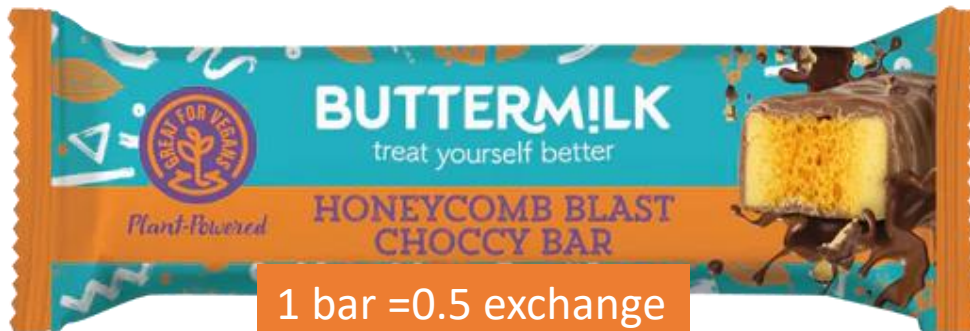
50g = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



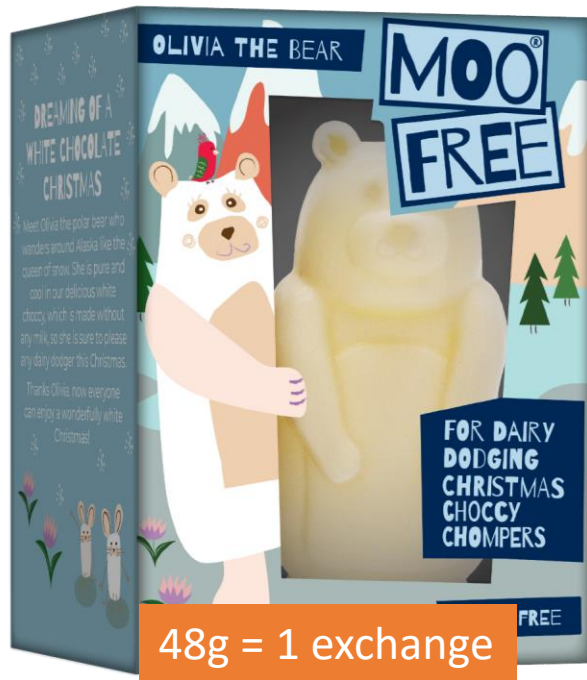
1 bar = 0.5 exchange



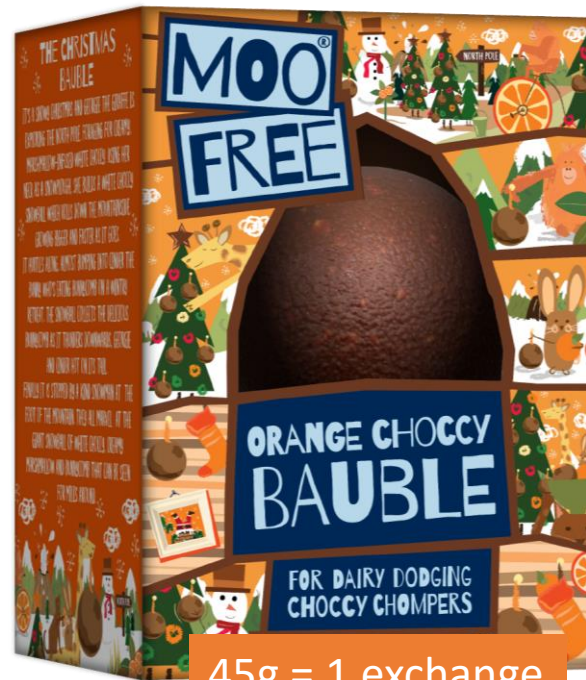
1 x 42g packet = 1 exchange



1 bar = 0.5 exchange



48g = 1 exchange



45g = 1 exchange



50g = 1 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



71g = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 0.5 exchange



5 coins = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



1 bar = 0.5 exchange



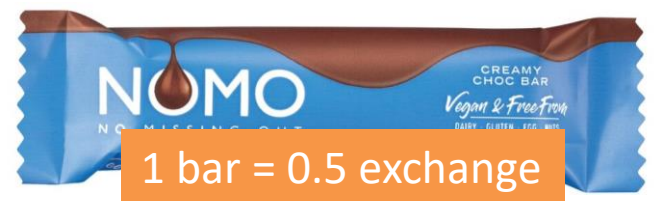
Exchange free



Exchange free



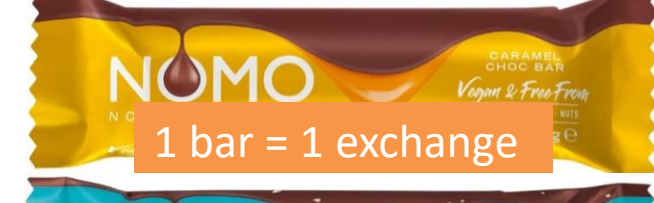
1 bag = 0.5 exchange



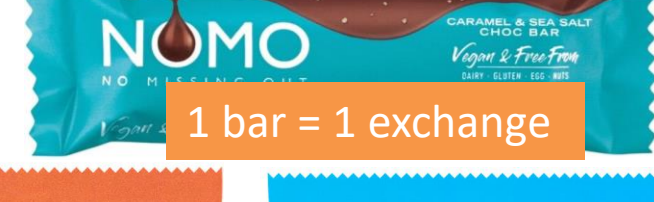
1 bar = 0.5 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



Exchange free



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bar = 1 exchange



1 bag = 0.5 exchange



1 bag = 0.5 exchange



Exchange free



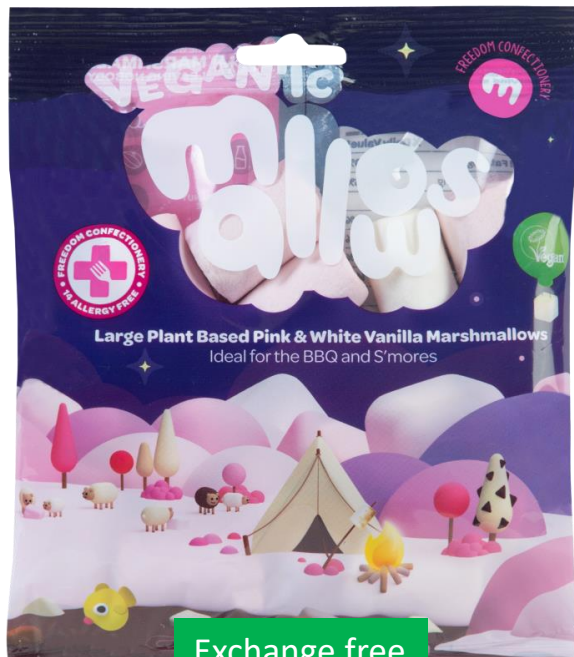
Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



167g = 1 exchange



Exchange free



Exchange free

Gift packages of low protein vegan sweets and mallows can be purchased from the Freedom mallow website

[Gluten Free Marshmallows & Sweets, Vegan Candy Shop - Freedom Marshmallows \(freedommallows.com\)](http://freedommallows.com)

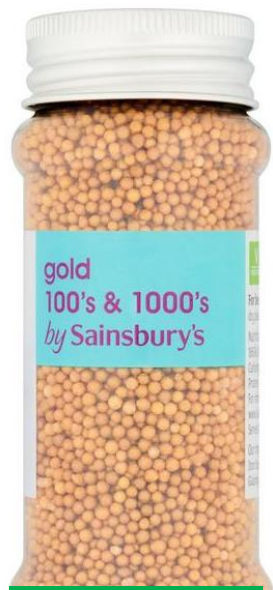




Exchange free



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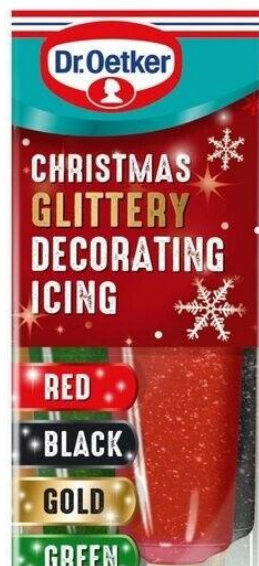
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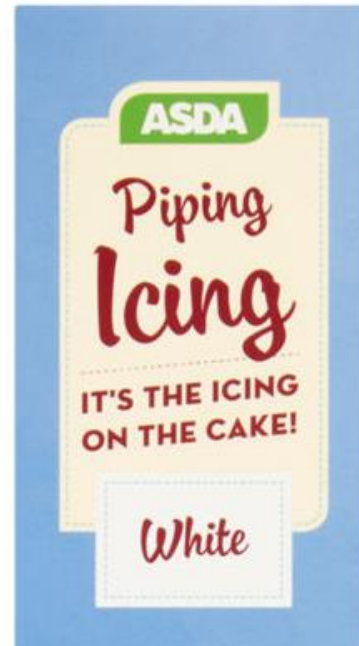
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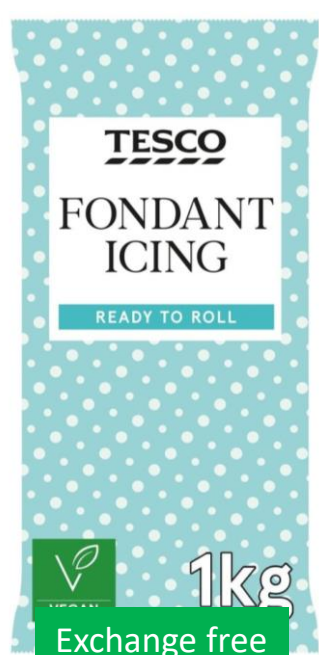
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67g = 1 exchange



91g = 1 exchange



Exchange free



Exchange free



Exchange free



Exchange free

**EDIBLE PRINT CAKE TOPPERS
MADE FROM TAPIOCA / CORN STARCH – ORDER ONLINE (EXCHANGE-FREE)**





Exchange free



Exchange free



Exchange free



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Exchange free



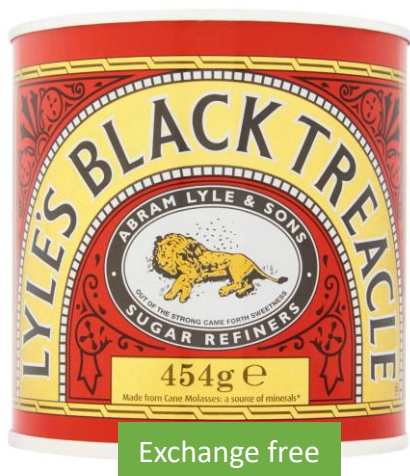
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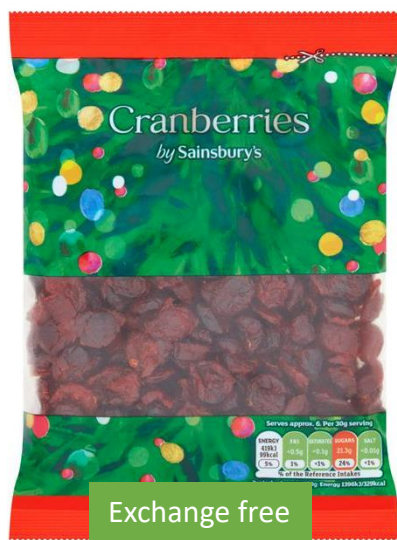
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1 pie = 1 exchange



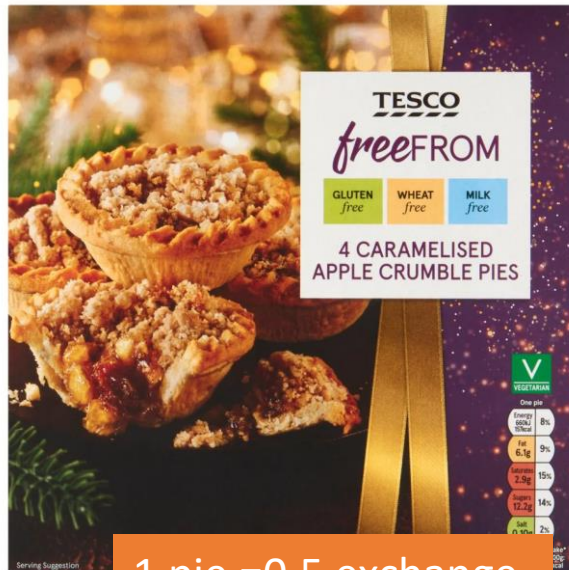
1 pie = 1 exchange



1 pie = 1 exchange



1 pie = 1 exchange



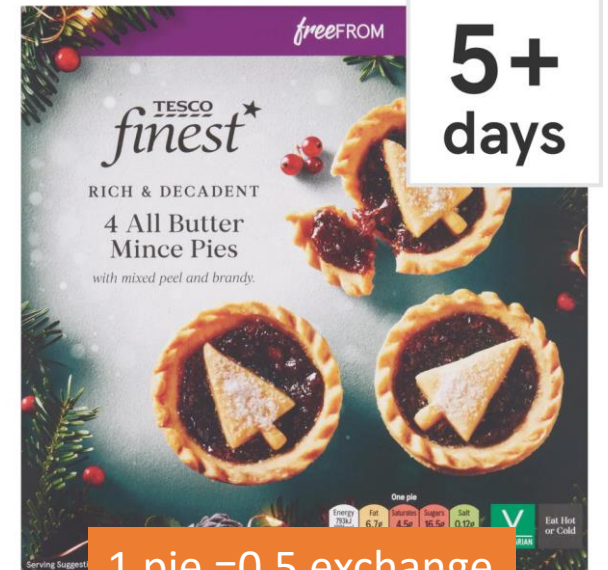
1 pie = 0.5 exchange



1 pie = 1 exchange



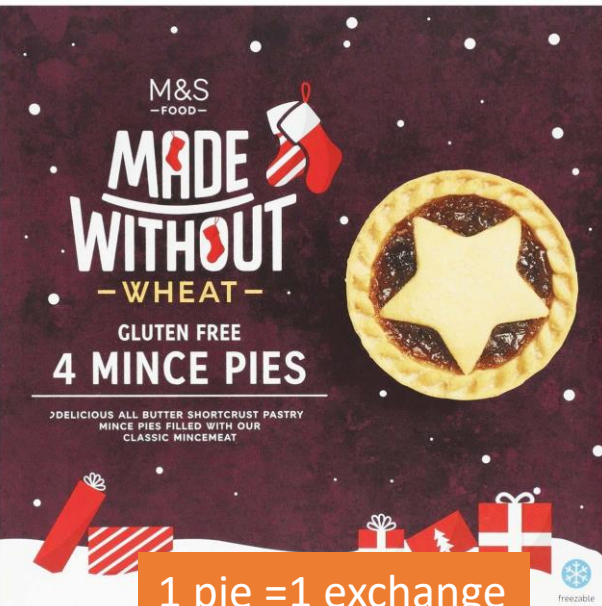
1 pie = 1 exchange



1 pie = 0.5 exchange



1 pie = 1 exchange



1 pie = 1 exchange



1 pie = 1 exchange



1 pie = 1 exchange



1 = 0.5 exchange



1 meringue = 1 exchange



1 = 0.5 exchange



1 meringue = 1 exchange



1 meringue = 1.5 exchange



1 = 0.5 exchange



1 cake = 1 exchange



1 cake = 1 exchange



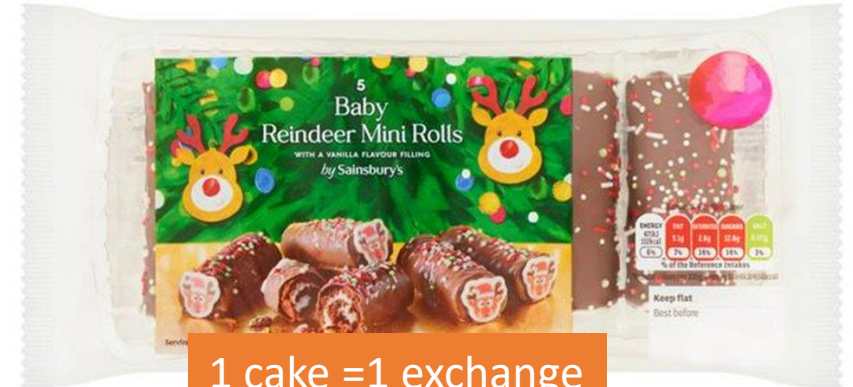
1 cake = 1 exchange



1 cake = 1 exchange



1 cake = 1 exchange



1 cake = 1 exchange



1 cake = 1 exchange



1 cake = 1 exchange



1 cake = 1 exchange

Mr Kipling
EXCEEDINGLY GOOD CAKES

6 C 1 cake =1 exchange CES

TESCO
8 YUMMY CHOCOLATE SWIRLS
rich coated bites
LAYERED SPONGE & BUTTERCREAM

1 cake =1 exchange

One bite					
Energy	Fat	Carbs	Sugars	Salt	
250kJ	3.8g	2.6g	8.6g	0.08g	
4%	5%	13%	10%	1%	

of the reference intake*
Typical values per 100g (Energy 167kJ / 40kcal)

WAITROSE & PARTNERS
FRUITY & SPICED
5 FRUIT CAKE SLICES
LIGHTLY SPICED SPONGE SPECKLED WITH SULTANAS AND CURRANTS, HAND FINISHED WITH A SPRINKLE OF DEMERARA SUGAR

1 cake =1 exchange

Per 100g (approximate)					
Energy	Fat	Carbohydrate	Sugars	Salt	
250kJ	2.4g	15.5g	10.5g	0.1g	
5%	4%	30%	21%	2%	

Mr Kipling
EXCEEDINGLY GOOD CAKES

6 C 1 cake =1 exchange ES

Mr Kipling
EXCEEDINGLY GOOD CAKES

1 cake =0.5 exchange

DELICIOUSLY GOOD
Mr Kipling
EXCEEDINGLY GOOD CAKES
WITH REAL FRUIT

5 BAKWELL
1 cake =1 exchange

Mr Kipling
EXCEEDINGLY GOOD CAKES

6 CHOCOLATE FUDGE
1 cake =1 exchange

Morrisons
Country
CAKE SLICES

160g e 6 PACK
1 cake =1 exchange

Per 100g (approximate)					
Energy	Fat	Carbohydrate	Sugars	Salt	
250kJ	4.5g	10.5g	8.7g	0.3g	
5%	9%	21%	21%	6%	

WAITROSE & PARTNERS
SPICY & STICKY
5 GINGER CAKE SLICES
DELICIOUSLY STICKY GINGER CAKE MADE WITH GOLDEN SYRUP AND BLACK TREACLE

1 cake =1 exchange

Per 100g (approximate)					
Energy	Fat	Carbohydrate	Sugars	Salt	
250kJ	2.4g	15.5g	10.5g	0.1g	
5%	4%	30%	21%	2%	

WAITROSE & PARTNERS
RICH & INDULGENT
5 DOUBLE CHOCOLATE CAKE SLICES
RICH CHOCOLATE SPONGE SPECKLED WITH MILK CHOCOLATE DROPS AND TOPPED

1 cake =1 exchange

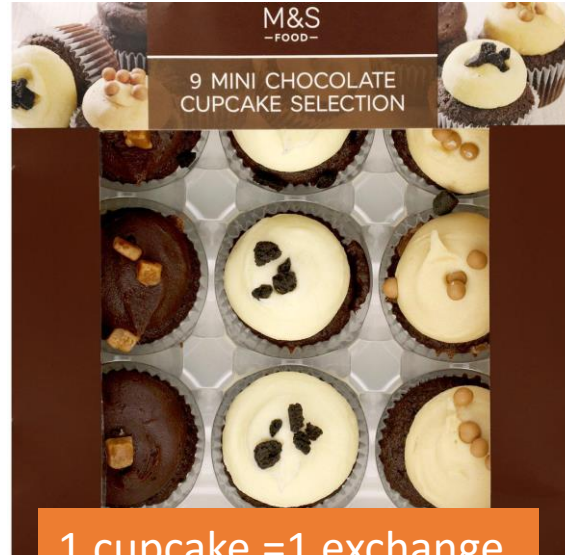
Per 100g (approximate)					
Energy	Fat	Carbohydrate	Sugars	Salt	
250kJ	2.4g	15.5g	10.5g	0.1g	
5%	4%	30%	21%	2%	



48g = 1 exchange



1 cupcake = 1 exchange



1 cupcake = 1 exchange



Morrisons Reindeer hand crafted cupcakes
1 x 50g cupcake = 1 exchange



1 cupcake = 1 exchange



1 cupcake = 0.5 exchange



1 cupcake = 1 exchange



1 x 60g bag = 0.5 exchange



5 crackers = 0.5 exchange



3 crackers = 0.5 exchange



26g = 1 exchange



5 x 3g crackers = 0.5 exchange



3 biscuits = 1 exchange



1 crispbread = 0.5 exchange



2 crackers = 1 exchange



2 crackers = 1 exchange



2 crackers = 1 exchange



5 crackers = 0.5 exchange



5 biscuits = 1 exchange



2 = 1 exchange
(Home Bargains)



29g = 1 exchange



1 = 0.5 exchange



1 tub = 1 exchange



1 tub = 1 exchange



1 tub = 1 exchange



2 = 1 exchange



45g = 1 exchange



40g = 1 exchange



40g = 1 exchange



50g = 1 exchange



42g = 1 exchange



46g = 1 exchange



46g = 1 exchange



40g = 1 exchange



44g = 1 exchange

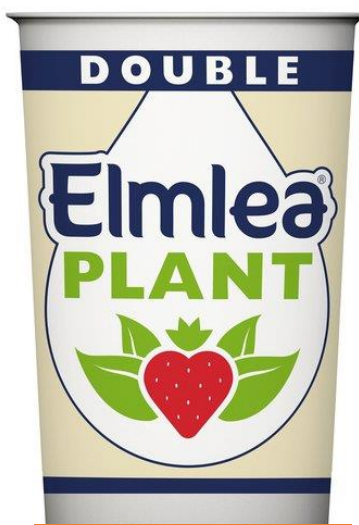
Some mincemeats contains alcohol



111g = 1 exchange



167 ml = 1 exchange



Elmlea plant Cream.
167 ml = 1 exchange



Schlagfix Vegan Squirty Cream.
Exchange-free
Alternative.stores.com



Exchange-free



Exchange-free



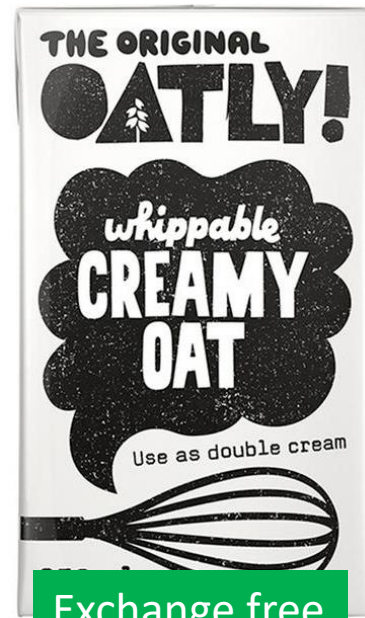
111g = 1 exchange



Exchange free



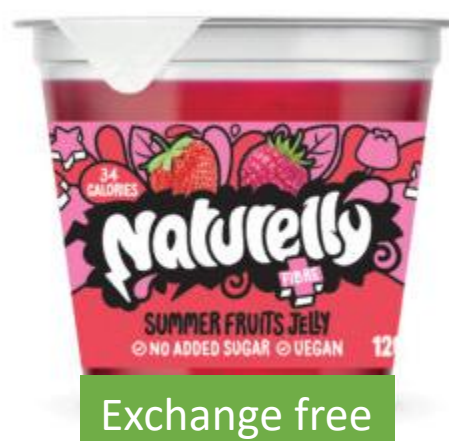
63 g = 1 exchange

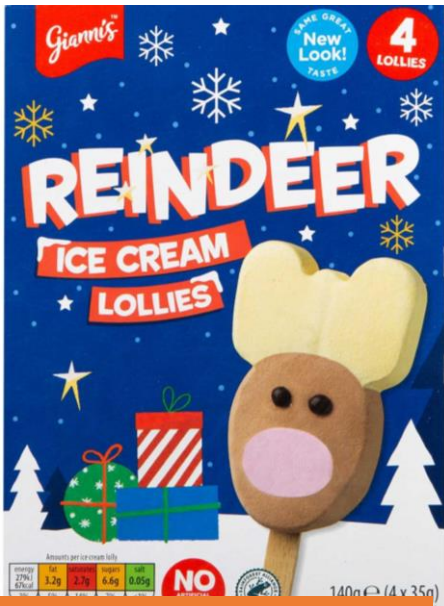


Exchange free



Exchange free





1 lolly = 1 exchange



1 lolly = 1 exchange



1 lolly = 1 exchange



1 lolly = 1.5 exchange



1 lolly = 1 exchange



1 lolly = 1 exchange



50g = 1 exchange



Exchange free



Exchange free



Exchange free



13g + 200 ml water = 1 exchange



25g + 200 ml water = 1 exchange



25g + 200 ml water = 1 exchange



Exchange free



Exchange free



53g = 1 exchange



1 x 18g sachet = 0.5 exchange



Some mincemeats contains alcohol



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



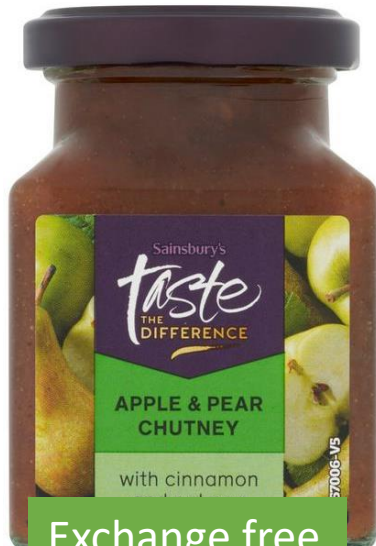
Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



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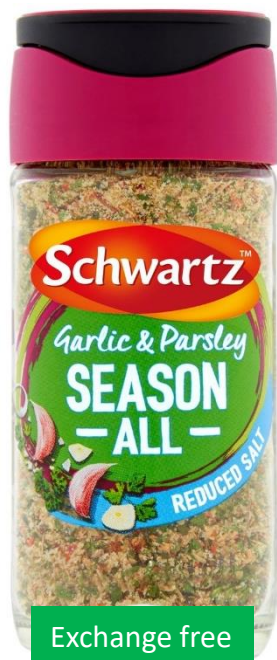
Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



Exchange free



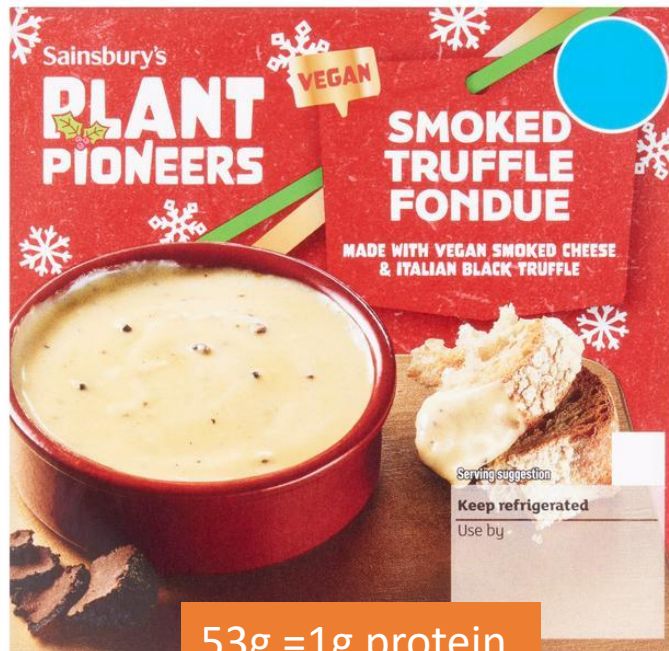
Mature cheddar = (check analysis on packet)
 Cheddar with jalapeno and chilli: 111g = 1 exchange
 Cheddar with Garlic & Chives = exchange free
 Wensleydale and Cranberry: 167g = 1 exchange



Cheddar with jalapeno and chilli: 111g = 1 exchange
 Cheddar with Garlic & Chives = exchange free
 Wensleydale and Cranberry: 167g = 1 exchange
 Smoked Cheddar style = exchange free



Plant cheese available 8th Dec:
 protein content not available
 At the time of publishing this list



53g = 1g protein



Cranberry: 167g = 1 exchange
 Crumbly French Style = exchange free
 Mature = exchange free
 Smoked = exchange free



1 x 16g = exchange free
 2 x 16g = 0.5 exchange
 Protein 0.3g per triangle



1 = 0.5 exchange



1 = 1 exchange



1 = 1 exchange



1 = 0.5 exchange



1 = 1 exchange



1 = 1 exchange



1 = 0.5 exchange

Aldi

Asda



2 = 1.5 exchanges



1 = 0.5 exchange



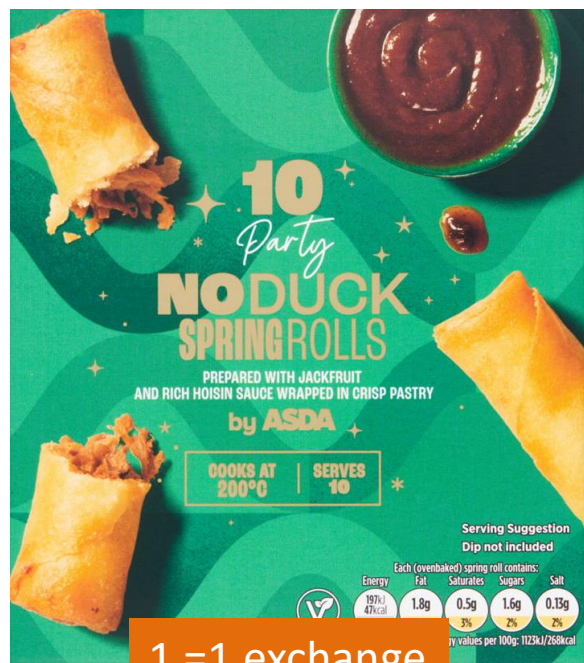
1 = 1 exchange



1 = 1 exchange



1 = 1 exchange



1 = 1 exchange



1 = 1 exchange



1 x 18g = 1 exchange



18g = 1 exchange

Morrisons



1 = 1 exchange



1 = 1 exchange



1 = 1 exchange



Fritters: 1 = 0.5 exchange
 Spring roll: 1 = 0.5 exchange
 Wontons: 5 = 1 exchange
 Sauce: exchange free



1 = 0.5 exchange



1 = 1 exchange



1 = 0.5 exchange



1 = 0.5 exchange

Iceland



M&S



Sainsbury's



1 = 0.5 exchange
53g dip = 1 exchange



Exchange free



Exchange free



Exchange free



Exchange free



1 = 2 exchange



1 = 1 exchange



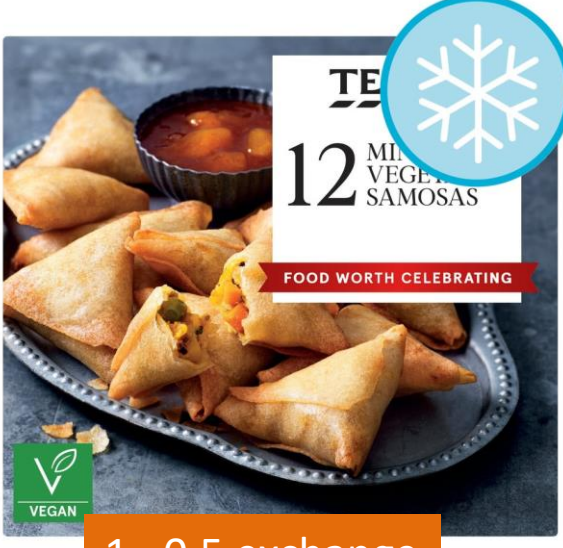
20g = 1 exchange



1 = 1 exchange



1 = 0.5 exchange



1 = 0.5 exchange



1 = 0.5 exchange



1 = 0.5 exchange

Tesco



1 = 1.5 exchange



1 = 0.5 exchange



40g = 1 exchange



1 = 0.5 exchange



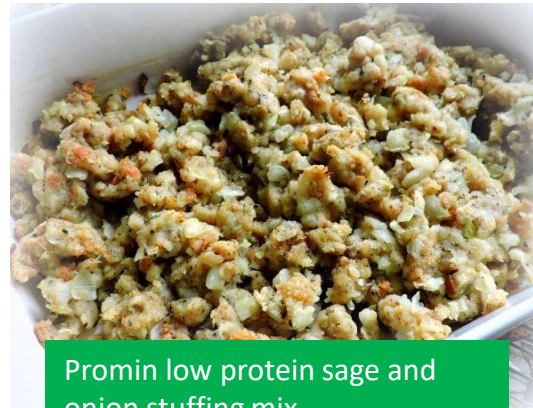
1 = 1 exchange



Metax Low protein Christmas Mini chocolates. 100g = 1 exchange



Metax L P Schoxxi Chocolate Coins - Christmas Wrapping. 100g = 1 exchange. Available Promin webshop



Promin low protein sage and onion stuffing mix. Exchange free. Buy online from Promin webshop



Promin low protein gingerbread men. Exchange free. Buy online from Promin webshop



Promin Christmas Gingerbread Biscuits (Father Christmas and Christmas Trees). Exchange free. Buy online from Promin webshop



Metax L P Mini Schoxxi Chocolate Bar - Christmas Wrapping. 100g = 1 exchange. Available from Promin webshop



Promin Low protein fresh baked fruit loaf. Exchange free. Buy online from Promin webshop



Promin Low protein Santa cookie Exchange free. Buy online from Promin webshop

Promin Low protein Farmhouse fruit cake. Exchange free. Buy online from Promin webshop

Metax Low protein Chocolate Father Christmas 1 x 80g Santa = 1 exchange Promin webshop



Metax L P Chocolate bar with popping sugar. 100g bar = 1 exchange. Available Promin webshop



Promin Low protein Mince pies. Exchange free. Buy online from Promin webshop



Promin Low protein Christmas shortbread star biscuits. Exchange free. Buy online from Promin webshop

