



**The National Society for Phenylketonuria**

**Dietary Information for the Treatment of**

**PHENYLKETONURIA**

**2013/2014**

**FOR THE SOLE USE OF DIETITIANS, THEIR PATIENTS AND  
NSPKU**



## Notes for this publication

The Society is grateful to the dietitians for their work in producing this revised dietary information, which will continue to be revised annually.

Any alterations made during the course of the year will be announced in the Society's newsletter and via the web site.

Whilst every effort has been made to ensure the accuracy of this data, the responsibility for its use resides with the user and not with the suppliers or the National Society for Phenylketonuria.

Please be aware that recipes and products change and you should check the protein content on the pack or consult your dietitian or the Society's dietitian.

**Following recent amino acid analysis, eddoes, samphire, konnyaku (traditional Japanese noodle) and Hemp milk are all low enough in phenylalanine to include in the PKU diet without counting.**

### **PLEASE NOTE:**

**During pregnancy phenylalanine control must be very strict and some of the information in this booklet may have to be adjusted for the individual.**

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## Diet Plan

<b>Protein Substitute:</b> <b>Dosage:</b>	
<b>Breakfast</b>	<b>Exchanges</b>
<b>Mid Morning</b>	
<b>Lunch</b>	
<b>Mid Afternoon</b>	
<b>Tea/Dinner</b>	
<b>Bedtime</b>	
<b>TOTAL EXCHANGES</b>	

# PHENYKETONURIA

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### **THIS LIST REPLACES ALL PREVIOUS INFORMATION**

Prepared by Paula Hallam, Society Dietitian, with the support of the Honorary Dietitians of the Society's Medical Advisory Panel, on behalf of the NSPKU

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# PKU Diet – BASIC PRINCIPALS

A normal diet contains more phenylalanine than can be tolerated by a person with PKU. The treatment consists of a diet containing only the amount of phenylalanine which is essential for growth and development.

- a) Meat, fish, cheese, eggs, milk, nuts and seeds are rich in protein and therefore phenylalanine so they are not allowed.
- b) Other foods, which contain some protein such as potato and cereals, are given in ***small measured quantities*** so that the blood phenylalanine, which is measured regularly, is kept within safe limits. These measured foods are spread out between the day's meals. The quantities allowed will vary from person to person and from time to time in the same person.
- c) Most fruit, some vegetables and salads can be taken in normal quantities. Sugar, jam, syrups and fats such as butter, lard and cooking oil can be used in normal quantities. There are many manufactured foods which are low in protein and which are available on prescription for the person with PKU. These include low protein bread, biscuits, flour, pasta and rice which can be taken without counting and used to provide variety in the diet. You can cook in all the usual ways (bake, grill, fry etc) and you can use herbs, spices and flavourings to add interest.
- d) As high protein foods such as meat, fish, cheese and eggs cannot be eaten these have to be replaced by a special protein mixture which does not contain phenylalanine. These protein substitutes (names include PKU Anamix Infant, PKU Anamix Junior, PKU Anamix First Spoon, XP Maxamaid, PKU Lophlex Junior Powder, PKU Add-ins, PKU Lophlex LQ, PKU Lophlex Advance Powder, Easiphen, XP Maxamum, Phlexy -10 system, PKU Start, PKU gel, PKU Express, PKU Cooler) are all available on prescription. They will provide the essential 'safe' protein for growth and development. Your paediatrician or dietitian will advise you, which is best for your child, the amount required, and how it should be taken.

**Protein substitute is an extremely important part of the diet for the person with PKU and it must be taken regularly with meals and evenly spread over the day. This helps to keep the phenylalanine levels steady throughout the day.**

Vitamins and minerals must also be included in the diet. If they are not already included in your protein substitute your dietitian will advise on the best preparation to take. Take only those prescribed by your doctor.

# **TRAFFIC LIGHT SYSTEM**

The diet is described by the traffic light system:

<b>Red</b>	<b>STOP! Do not eat these foods</b>
<b>Amber</b>	<b>Go cautiously These foods can be eaten in measured amounts</b>
<b>Green</b>	<b>Go! These foods can be eaten in normal quantities</b>

## **RED LIST – STOP!**

### **FOODS NOT ALLOWED BECAUSE THEY ARE HIGH IN PROTEIN AND PHENYLALANINE**

**MEAT** – All kinds – beef, lamb, pork, ham, bacon, chicken and game.

Offal – liver, tongue, kidney.

Sausages, canned meat e.g. corned beef; meat products e.g. beefburgers, meat paste, meat pies.

**FISH** – All kinds including shellfish, frozen or tinned.

**EGGS** – All kinds

**CHEESE** – All kinds including cheese spreads. Some vegan cheese is suitable. Check protein on pack for exchange value.

#### **NUTS AND SEEDS**

**FLOUR-BASED FOODS** e.g. bread, flour, cakes and biscuits

**SOYA** – Foods made from soya such as TVP (meat substitute)

#### **QUORN AND TOFU**

#### **ASPARTAME**

Aspartame is an artificial sweetener which can be found in fizzy drinks, squashes, cordials, alcoholic drinks, puddings, crisps and some chewing gums. It can be found in some tabletop sweeteners e.g. Canderel, Flix and granulated sweeteners.

Aspartame contains phenylalanine and therefore it must not be taken.

Foods and drinks containing aspartame will be labelled either:-

Artificial Sweetener: Aspartame OR

Artificial Sweetener: E951

The food or drink will also be labelled '**Contains a source of phenylalanine**'

Aspartame is also used in some drugs. Please check with your doctor before taking any drugs.

All drugs which contain aspartame must declare this ingredient (and all other ingredients) in the patient information sheet which is dispensed with the drug.

It is usually the sugar-free drugs which might contain aspartame so ask your doctor to prescribe a sugar-containing drug. If your pharmacist does not give you an information sheet with your drug please ask him/her to check that there is no aspartame in the drug you have been given.

**All other artificial sweeteners are suitable e.g. Sucralose, Saccharin.**



## AMBER LIST – GO CAUTIOUSLY

### FOODS CONTAINING SOME PHENYLALANINE TO BE TAKEN WITH CAUTION.

#### BASIC LIST OF 50mg. (or 1gram PROTEIN) EXCHANGES OF FOOD

These items should be measured accurately. Weigh food **after** cooking unless otherwise stated.

#### VEGETABLES

##### Potatoes:-

Boiled,boiled and mashed milk free	
Jacket (all these ways of cooking)	80g
Roast	55g
Chips – frozen, fresh,oven,crinkle	45g
Canned, new (drained weight)	100g
Croquette	40g
Instant Mashed Potato	
– dry powder	10g
Yams, boiled	60g
Bamboo Shoots –raw	60g
Spinach, boiled	25g
Spring Greens	35g
Peas	
(Fresh, frozen, tinned, Petit Pois)	25g
Broad Beans	20g
Frozen Mixed Vegetables	30g
Baked Beans	
–Ordinary,BBQ,Curried	20g
Sweetcorn Kernels,	
- Canned & drained	35g
Corn on the Cob, raw or cooked	55g
Length of cob	4cms
Plain Popped Popcorn	10g
Un-popped Popcorn	10g
Kale	35g
Vine Leaves	30g
Choi Sum	35g

#### CEREALS

Kellogg’s Cornflakes	15g
Frosties	20g
Rice Krispies	15g
Sugar Puffs	15g
Weetabix, Weetaflakes	10g
Shredded Wheat	10g
Ready Brek (Weetabix)	10g
Puffed Wheat	10g
Bran Flakes	10g
Oatmeal (raw)	10g
Rolled Oats	10g
Rice (raw) white or brown	15g
Rice (boiled) white/brown	45g

#### FRUITS

Passion Fruit	40g
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#### DAIRY

Milk	30ml
Single Cream	40ml
Double Cream	60ml
Soured Cream	35ml

**Footnote:** Weights are given to nearest 5g

**The following fruits and vegetables if taken in large quantities add a significant amount of phenylalanine to the day's intake. Restrict to ONE serving of any ONE item per day. A serving is a handful – a child's hand for a child, an adult's hand for an adult.**

**FRUIT**

Banana e.g. one small one per day  
Dates  
Figs, dried  
Fruit Mincemeat (sweet mincemeat without nuts)  
Physalis  
Dried Banana Chips  
Small packs of dried **fruit** mixture (not goji berries)

**VEGETABLES**

Asparagus  
Avocado Pear  
Beansprouts  
Broccoli  
Brussels Sprouts  
Cauliflower  
Plantain  
Seakale  
Sugar Snap Peas  
Mange Tout Peas  
Tinned Sweet Chestnuts – up to 100g free  
Whole Hearts of Palm

## **GREEN LIST – GO!**

**FOODS CONTAINING SMALL QUANTITIES OF PHENYLALANINE WHICH CAN BE USED IN NORMAL QUANTITIES.**

**TAKE CARE TO AVOID EXCESS**

### **FRUIT**

Most types (fresh, tinned, raw, cooked in sugar and dried except where stated) including apples, apricots, bilberries, blackberries, blueberries, cherries, clementines, cranberries, currants, (black,red,white), custard apples, damsons, dragon fruit, figs (fresh,NOT dried), fruit pie filling, fruit salad, gooseberries, grapes, grapefruit, greengages, guavas, jack fruit, kiwi fruit, kumquats, lemons, limes, loganberries, lychees, mandarins, mango, melon, nectarines, olives, oranges, paw paw (papaya), peaches, pears, pineapple, plums, pomegranate, prickly pear, prunes, quince, raisins, raspberries, rhubarb, satsumas, Sharon fruit, star fruit, strawberries, sultanas, tamarillo, tangerines, mixed peel, angelica, glace cherries and ginger.

**All fruit crisps e.g. apple, pineapple**

### **VEGETABLES**

Artichoke (Globe and Jerusalem), aubergine, **Baby** sweetcorn (finger length cobs – **NOT** canned kernels or corn on the cob), all green beans (French beans, runner beans, dwarf beans) beetroot, cabbage, capers and caperberries, carrots, cassava (yucca), celeriac, celery, chicory, coconut milk (fresh milk only **not canned**), courgettes, cucumber, eddoes, endive, fennel, garlic, gherkin, karela, kohlrabi, Lady finger (okra), leek, lettuce, marrow, mooli, mushrooms, mustard and cress, onion, pickled onion, parsley, and all herbs, pak choi, parsnip, peppers (all colours), potato flour (not instant potato), pumpkin, radish, samphire, squash – butternut squash, acorn squash, spaghetti squash, swede, sweet potato, tomato, turnip, watercress, water chestnuts.

**All crisps made from cassava and/or tapioca (but check no aspartame and that all ingredients are classed as free) – see list for examples**

All clear pickles in vinegar e.g. Pickled onion, gherkins and red cabbage.

### **CEREALS**

Cornflour, arrowroot, custard powder (NOT instant custard), blancmange powder – vanilla, fruit flavoured and chocolate (NOT blancmange mix with milk powder), cassava flour, sago, tapioca, and tapioca starch but NOT ready to serve milk puddings including sago and tapioca. Potato flour (NOT Smash or instant powder). Konnyaku (traditional Japanese noodle)

### **FATS**

Butter, margarine, (but NOT margarine which has a protein content of over 1g per 100g), lard, vegetables fats and oils (liquid and solid).

A list of suitable low fat spreads appears in the manufactured foods section on [page](#) .

## **MISCELLANEOUS**

*Sugar:* white, brown, caster, icing; glucose, ready to roll icing (except chocolate).

Tate and Lyle Light Cane.

Jam, honey, marmalade, golden syrup, pouring syrup, treacle, maple syrup, boiled sweets, rock, candy sherbet, barley sugar and candy floss.

*Food essences and colourings:* e.g. vanilla, cochineal, peppermint, almond essence. Salt and pepper, herbs and spices, curry powder, vinegar, mustard, mint sauce and mint jelly.

*Soy sauce:* 2 tablespoons per day limit.

Baking powder, bicarbonate of soda and cream of tartar.

Vegetarian jellies without gelatine e.g. Agar Agar, and Dr Oetker Veg-gel.

Gellan (an artificial gelatine)

## **DRINKS**

Water, soda water, mineral water, fizzy drinks e.g. lemonade, coke, fruit cordial and squash, black tea, green tea (not instant tea) and fruit teas, black coffee and pure fruit juices.

Rice Milk e.g. Rice Dream and Provamel Rice Drink. Rice Milk NOT suitable for children under 5 years. 5 years and over maximum 400ml per day. Rice milk is NOT suitable in pregnancy. Hemp milk is also okay to take without counting.

**Remember to check all drink labels routinely for aspartame as recipes change constantly.**

## **ALCOHOL – Advice for adults**

The following information can be used as a guide to the protein content of alcoholic drinks. Please consult your dietitian and/or doctor about alcohol before using this information as individual treatment varies and you should follow the advice of your own medical advisors. We would advise that women should not take alcohol during pregnancy. National guidelines should be observed.

There are some alcoholic drinks which contain a trace of protein and therefore can be taken without counting them as phenylalanine exchanges in the diet. They are as follows: Cider – dry, sweet and vintage; vermouth – sweet and dry; wine- red, rose and white- sweet, medium and dry, champagne, spirits – whisky, gin, rum, brandy, vodka (make sure all mixers are aspartame free); liqueurs- cherry brandy and Curacao; port and sherry. Bottled shandy (NOT shandy made in the pub which is stronger) Alcopops e.g. Hooch. (Some Alco pops contain aspartame but this will be declared on the bottle label if present). Alcoholic fruit drinks e.g. Source.

**NB: All beers, lagers and cream liqueurs contain significant phenylalanine and you should consult your dietitian or refer to the NSPKU leaflet on alcohol.**

**SPECIAL LOW PROTEIN/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 your low phenylalanine diet.

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

**BISCUITS**

**GLUTEN FREE FOODS LTD**

PK Foods Aminex Low Protein Rusk 200g  
PK Foods Aminex Low Protein Biscuits 200g  
PK Foods Aminex Low Protein Cookies 150g  
PK Foods Low Protein Crispbread 75g  
PK Foods Low Protein Chocolate Chip Cookies 150g  
PK Foods Low Protein Orange Flavour Cookies 150g  
PK Foods Low Protein Cinnamon Cookies 150g

**NUTRICIA LTD (SHS)**

Loprofin Low Protein Vanilla Cream Wafers 100g  
Loprofin Low Protein Chocolate Cream Wafers 100g  
Loprofin Low Protein Crackers (savoury) 150g  
Loprofin Low Protein Herb Crackers 150g

**JUELA**

Juvela Low Protein Cinnamon Cookies 125g  
Juvela Low protein Orange Flavour Cookies 125g  
Juvela Low Protein Chocolate Chip Cookies 110g

**VITAFLO**

Vitaflo Choices Low Protein Mini Crackers 15 x 40g

## **PASTA**

### **NUTRICIA LTD (SHS)**

Loprofin Low Protein Rice 500g  
Loprofin Low Protein Fusilli 500g  
Loprofin Low Protein Macaroni 250g  
Loprofin Low Protein Penne 500g  
Loprofin Low Protein Vermicelli 250g  
Loprofin Low Protein Spaghetti 500g  
Loprofin Low Protein Lasagne 250g  
Loprofin Low Protein Tagliatelle 250g  
Loprofin Low Protein Animal Pasta 500g

### **GLUTEN FREE FOODS LTD**

PK Foods Low Protein Pasta Spirals 250g

### **FIRSTPLAY DIETARY FOODS LTD**

***Promin Low Protein Pasta (seven shapes):*** Macaroni  
All in 500g pack Short Cut Spaghetti  
Shells  
Spirals  
Alphabets  
Elbows  
Flat Noodles

***Promin Low protein Tricolour Pasta (four shapes):***  
Shells, Spirals, Alphabets, Elbows (All in 500g packs)

### ***Promin Speciality Pasta:***

Promin Low Protein Pastameal – 500g pack  
Promin Low Protein Couscous – 500g pack  
Promin Lasagne Sheets - 200g pack  
Promin Low Protein Imitation Rice – 500g pack

***Promin Pasta in Sauce:*** (4 sachets in a box)  
Tomato, Pepper and Herb (**1 sachet = ½ exchange**)  
Cheese and Broccoli (**1 sachet = 1 exchange**)  
Moroccan Flavour (**1 sachet = ½ exchange**)

### ***Promin X-Pots*** (4 flavours)

All Day Scramble  
Rogan style Curry (**1 pot = ½ exchange**)  
Chip Shop Curry  
Beef and Tomato (**1 pot = ½ exchange**)

**Promin Mac Pots** (2 flavours)

Tomato Macaroni  
Macaroni Cheese

**Promin Potato Pots** (3 flavours) – **1 exchange each for all flavours**

Cabbage, Bacon and Croutons  
Onion and Croutons  
Sausage and Croutons

**For all FirstPlay products your chemist should contact FirstPlay directly, not available through wholesalers:**

FirstPlay Dietary Foods Ltd.  
338, Turncroft Lane  
Offerton  
Stockport  
SK1 4BP

**BREAD, FLOUR and MIXES**

**FATE SPECIAL FOODS**

Fate Low Protein All-Purpose Mix 500g  
Fate Low Protein Cake Mix 2 x 250g  
Fate Low Protein Chocolate Flavour Cake Mix 2 x 250g

**PLEASE NOTE: Fate low protein products can only be obtained directly from Fate Special Foods. Please ask your chemist to telephone 01215-22-44-33 to arrange direct delivery to your chemist.**

**GENERAL DIETARY LTD**

Ener-G Low Protein Rice Bread – sliced 600g

**GLUTEN FREE FOODS LTD**

PK Foods Low Protein White Sliced Bread 300g  
PK Foods All Purpose Flour Mix 750g

**NUTRICIA LTD (SHS)**

Loprofin Low Protein Part-Baked Sliced Loaf 400g  
Loprofin Low Protein Part-Baked Rolls 4 rolls in a pack  
Loprofin Low Protein Mix 500g  
Loprofin Low Protein Lemon Cake Mix 500g  
Loprofin Low Protein Chocolate Cake Mix 500g

**JUELA**

Juvela Low Protein Sliced Loaf 400g  
Juvela Low Protein Bread Rolls 5 rolls in a pack  
Juvela Low Protein Pizza Bases 2 x 180g  
Juvela Low Protein Mix 500g

## **BREAKFAST CEREALS**

### **NUTRICIA LTD (SHS)**

Loprofin Low Protein Breakfast Cereal Loops 375g

Loprofin Flakes – Apple Flavour 375g

Loprofin Flakes – Chocolate Flavour 375g

Loprofin Flakes – Strawberry Flavour 375g

### **FIRSTPLAY DIETARY FOODS LTD**

***Hot Breakfast (6 sachets per box):***

Original

Apple and Cinnamon

Chocolate

Banana

## **PUDDINGS AND DESSERTS**

### **GLUTEN FREE FOODS LTD**

PK Foods Low Protein Orange Jelly Mix (4 x 80g)

PK Foods Low Protein Cherry Jelly Mix (4 x 80g)

### **FRISTPLAY DIETARY FOODS LTD**

Promin Low Protein Rice Pudding Mix – 4 sachets per box

Original, Apple, Banana, Strawberry

Promin Low Protein Chocolate and Banana Dessert

Promin Low Protein Strawberry and Vanilla Dessert

Promin Low Protein Caramel Dessert

Promin Low Protein Custard Dessert

Taranis Low Protein Lemon Cake

Taranis Low Protein Pear Cake

Taranis Low Protein Apricot Cake

### **NUTRICIA LTD (SHS)**

Loprofin Dessert Mix Vanilla 500g

Loprofin Dessert Mix Strawberry 500g

Loprofin Dessert Mix Chocolate 500g

## **MISCELLANEOUS FOODS**

### **FIRSTPLAY DIETARY FOODS LTD**

***Low Protein Burger Mixes – 1 exchange per sachet (both flavours)***

Promin Low Protein Burger Mix Original Flavour (2 x 62g sachets)

Promin Low Protein Burger Mix Lamb and Mint Flavour (2 x 62g sachets)



***Low Protein Sausage mixes - All flavours 1 sachet = ½ Exchange***

Promin Low Protein Sausage Mix – Original  
Tomato and Basil  
Apple and Sage

***Low Protein Crisps:***

Promin Low Protein Snax 12x25g bags (mixed flavours in pack)  
4 Flavours: Ready Salted  
Salt and Vinegar  
Jalapeno  
Cheese and Onion

Taranis Chocolate and Hazelnut Spread

**FAT and FAT and CARBOHYDRATE PRODUCTS**

**NUTRICIA LTD (SHS)**

Calogen LCT Emulsion – Neutral, Banana, Strawberry 200mls and 500mls bottles.  
Duocal – Liquid 250mls  
Duocal –super soluble 400g can.

**EGG REPLACERS**

**GENERAL DIETARY LTD**

Ener-G Egg Replacer 454g

**GLUTEN FREE FOODS LTD**

PK Foods Low Protein Egg Replacer 350g

**NUTRICIA LTD (SHS)**

Loprofin Egg Replacer 2 x 250g  
Loprofin Egg White Replacer 100g

**PROTEIN FREE HIGH ENERGY BAR:**

**VITAFLO INTERNATIONAL LTD.**

Vitabite 7 x 25g bars per box

**LOW PROTEIN DRINKS:**

**NUTRICIA LTD (SHS)**

Loprofin PKU Long Life Milk Drink 200ml cartons – only needs to be counted if use more than 2 cartons per day (**2 cartons = ½ exchange**)  
Sno-Pro Drink 200ml cartons

**VITAFLO LTD**

ProZero Protein Free Drink 250ml and 1 litre cartons

## **LOW PROTEIN FOOD MANUFACTURERS' CONTACT NUMBERS**

Useful if there is a query.

<b>Fate Special Foods</b>	01215-22 44 33
<b>FirstPlay Dietary Foods Ltd</b> (for Promin products)	0161-480-4602
<b>General Dietary Ltd</b> (for Ener-G products)	020 3044 2933 <a href="mailto:info@generaldietary.co.uk">info@generaldietary.co.uk</a>
<b>Gluten Free Foods</b> (for PK Foods)	020 8953 4444
<b>Nutricia Ltd (SHS)</b>	01225-751-098 or 08457 623 623 (UK only)
<b>Vitaflo Ltd</b>	0800-51 51 74
<b>Juvela</b>	0800-7831992 <a href="mailto:lowprotein@juvela.co.uk">lowprotein@juvela.co.uk</a>

## **Cut-off figures for manufactured foods per 100g**

Foods in the categories listed with these amounts of protein or less **per 100g** are FREE

Margarine	1g or less
Tables Suaces e.g.salad cream	1.5g or less
Cook-in and Pour over sauces	1g or less
Gravy and stock cubes	0.3g or less per 100ml
Puddings	0.3g or less
Confectionery	0.3g or less

**MANUFACTURED FOODS OF NEGLIGIBLE PHENYLALANINE CONTENT**  
**Allowed without counting as exchanges when taken as normal portion size**

**MARGARINES, FATS AND 'MOCK' CREAM**

All vegetable oils, lard and solid fats do not contain protein and are not counted in exchanges. Butter and margarine contain only traces of milk protein and can therefore be used without counting if the protein is 1.0g per 100g or less. Some lower calorie spreads often have added buttermilk which increases the protein but the following are suitable.

**Asda**

Light Sunflower Spread

**Morrisons**

Olive Reduced Fat Spread (NOT Light Olive Spread)

Light Sunflower Spread

Sunflower Spread

Better by Far

'M Savers' Soft Spread

**Sainsbury's**

Sunflower Light Spread

Sunflower Spread

Lighter Sunflower Spread

Olive Spread

Buttersoft

Lighter Buttersoft

**Tesco**

Sunflower Light Spread

Butter me up Light

Everyday Value Spreadable

Utterly Butterly Lightly

Anchor Lighter Spreadable

Freefrom Soya Spread

**Van den Berghs**

I Can't Believe it's Not Butter

I Can't Believe it's Not Butter Light

**Flora**

Flora Light Spread

Buttery Spread

Original

**Marks and Spencer**

Reduced Fat Olive Spread

Touch of Butter

Softer Butter

Slightly salted Spread

Slightly salted Spread Reduced Fat

**Benecol**

Benecol Spread

Benecol Buttery Spread

Benecol Olive Oil Spread

**Vitalite**

Vitalite Dairy Free

**Countrylife**

Countrylife Spreadable, Light, Lighter Spreadable

**Pure**

Pure Soya Spread

Pure Sunflower Spread

**GRAVY**

The following gravies, when made up as directed, can be used without counting in the diet to a limit of 100mls per serving.

(Protein content no more than 0.3gms per 100mls)

**Asda**

Gravy Granules: Meat, Chicken, Vegetables, and with onion

Smart Price Gravy Granules

Chosen By You Reduced Salt Gravy Granules

**Aunt Bessie's**

Aunt Bessie's Gravy Granules – classic, onion, vegetable, for chicken

**Bisto**

Bisto – The Original Gravy Powder

Bisto Granules Range: Favourite, Beef, Onion, Chicken, Turkey, Vegetable, Reduced Salt

Bisto Best Range (in a jar NOT in a sachet): Vegetable and Caramelised Onion ONLY

**Oak Lane**

Gravy Granules – beef, chicken, vegetable

**McDougall's**

Thickening Granules

**Morrisons**

Gravy Granules – onion, chicken and beef

**Sainsbury's**

Basics Gravy Granules

Gravy Granules for Meat, Chicken, Vegetarian Dishes and Reduced Salt for Meat (NOT Gravy Powder)

**Tesco**

Everyday Value Gravy Granules

Gravy Granules – Beef, Chicken, Vegetable, Reduced Salt

## **STOCK CUBES**

**Any vegetable stock cube or powder with a protein content of 0.3g per 100ml or less is suitable.**

The following are examples which can be used for soups, gravies and stock made up as directed.

### **Anthony Worrall Thompson's**

Stock Cubes: Chicken, Vegetable

Gluten-free Instant Gravy - free range chicken

### **Bisto**

Bisto Stock Melts: Vegetable

### **Kallo**

Organic Vegetable Cube

Organic Free Range Chicken

Organic Beef

Very Low Salt Chicken

### **Knorr**

Pork, Lamb, Beef, Fish and Vegetable stock cubes

Stock Pots – Beef, Chicken, Herb and Fish

### **Marigold**

Marigold Swiss Vegetable Bouillon Powder

### **Maggi**

Stock Pots – Beef, Chicken, Vegetable

### **Oxo Cubes**

Vegetable ONLY

### **Sainsbury's**

Chicken, Beef, Fish, Vegetable stock cubes

### **Tesco**

Everyday Value Vegetable, Chicken and Beef Stock Cubes

Chicken, Beef and Vegetable Stock Cubes

## **READY TO SERVE CRACKERS, CRISPS, PANCAKES**

### **Blue Dragon**

Rice Flour Pancakes

### **Cofresh**

Salted Cassava Chips

### **Tesco**

Light Choices Cassava Crackers – BBQ and Tangy Salsa Flavours

Velvet Crunch – Salt and Malt Vinegar flavour ONLY (NOT Thai Sweet Chilli as it contains Aspartame)

## **DESSERTS, PUDDINGS, SWEET SAUCES, FRUIT BARS AND SNACKS AS PURCHASED (Not made up)**

All cornflours and custard powder allowed without counting.

DO NOT use instant custard mixes.

### **Asda**

Great Stuff Jellies- no added sugar – all flavours

Fruit Squeezy Jelly Pouch: Orange, Blackcurrant, Raspberry, Strawberry

Fruit Squeezy Pouch: Apple, Strawberry & Apple, Raspberry & Apple

Chosen By You Fruit in Jelly:

Mandarin in Orange Flavour Jelly

Pineapple in Pineapple Flavour Jelly

Peaches in Strawberry Flavour Jelly

Tropical Fruit Pot

Mandarin Pot

### **Askeys**

Treat Strawberry Ice Cream Sauce

Sprinkles

### **Bear Nibbles**

Bear Pure Fruit Yo Yo – all flavours (one pack free) 0.19/pack

### **Betty Crocker**

Ready to Spread Icing:

Rich and Creamy Vanilla

Buttercream Style Vanilla

Cream Cheese Style Icing

### **Crosse and Blackwell**

4 Kids Fruit in Jelly – Mandarin Segments in Mandarin Jelly

- Peaches in Strawberry Jelly

### **Crusha**

Wobble Gobble Jellies in cartons – all flavours

**Dr Oetker**

Regal-ice Ready to Roll Icing – all colours  
Mini Jelly Beans  
Vege-Gel  
Wafer Daisies  
Edible Wafer paper  
Icings: Designer, Fairy Cake, Glimmer and Writing

**Dole**

Fruit in Jelly Bowls – all flavours  
Fruit in Juice Pots - all flavours  
Fruit in Custard Pots - Pineapple, Mango, Peach  
Fruit in light syrup – all flavours

**Ella's Kitchen**

Organic Fruit Purees: Red, Purple, Green, Yellow, Orange (all ingredients free)

**Fiddes Payne**

Cake and Dessert Sugar Sprinkles except Chocolate Vermicelli

**Frootz**

Fruit buttons – all flavours

**Fruit Bowl Stream Foods**

Fruit Flakes – 1 bag free  
School Bars  
Fruit Peelers

**Fruitypot**

Pineapple  
Mandarin  
Peach & Pear

**Greens**

Quick Jel –red & orange  
Carmelle (made with low protein milk)  
Lemon Pie Filling

**Hartleys**

Raspberries in Jelly  
Pineapple in Jelly  
Fruijies –Fruit in jelly  
Jellies in Pots NOT sugar free ones (contain Aspartame)



**Innocent**

Kids smoothies – Apple Blackcurrant, Strawberry Blackberry Raspberry, Cherries and Strawberries

Fruit Tubes – Strawberry & Raspberry, Pineapples & Mangoes

**Just Wholefoods**

Vegetarian Jelly Crystals – all flavours except raspberry

**Kellogs**

Winders – all flavours

**Lyle's**

Squeezy Strawberry Sauce

**Marks and Spencer**

Raspberry Jelly

Peach Melba Jelly

Terribly Clever Raspberry Jelly (glass bottle)

Raspberry Dessert Sauce

**Morrisons**

Mini Candied Jelly Slices

Jelly Diamonds

Glitter sugar

Hundreds and Thousands

Fruiti Loops (one bar free)

**Oak Lane**

Jelly with Fruit Pieces – all flavours

**Pearce Duffs**

Blancmange Powders –all flavours **including** Chocolate  
(Made up with low protein milk)

**Pink Panther**

Vanilla Flavoured Wafers

**Rowse**

Raspberry Dessert Sauce

Luxury Raspberry Coulis (available at Waitrose)

**Sainsburys**

Mini Honeycomb Pieces

For cakes – sugar balls, party sprinkles, shimmer sugar

Squeezy Summer Fruit Sauce 0.4

Smoothies – Apple & Blackcurrant



## **SWEET AND SAVOURY – SAUCES, PICKLES AND SPREADS**

**All the following table sauces and dips contain no more than 1.5gms protein per 100g**

### **Asda**

Brown Sauce

Smart Price Brown Sauce

Lemon Curd and Smart Price

Tomato Ketchup and Smart Price

Onion Chutney

Extra Special Caramelised Onion Chutney

Thousand Island

Salad Cream and Smart Price

Reduced Fat Salad Cream

BBQ Ketchup

Garlic Ketchup

Tomato Chutney

Burger Ketchup

Bourbon BBQ Sauce

Juicy Burger Relish

Sweet Onion Relish

Hot Mango and Lime Dip

Seafood Sauce and Good For You Seafood Sauce

Extra Special Mango, Apple and Ginger Chutney

*All Mayonnaises:* Extra Light, Light, Chosen By You, Smart Price, Real Mayo  
Garlic, Chilli, Mustard, Egg, Dairy and Gluten free Mayo

*Chosen by You:* Chipotle Ketchup  
Squeezy Hot BBQ Sauce  
Creamy Chipotle Sauce for Subs  
Honey & Mustard Sauce for Subs  
Sweet Onion Sauce for Subs  
Squeezy Sweet Chilli & Lime Relish  
Thousand Island Dressing

### **Baxters**

Cranberry & Caramelised Red Onion Chutney

### **Blue Dragon**

Dipping Sauce: Sweet Chilli Sauce – Original and Hot  
Hot Chilli Sauce

### **Branston**

*Mayonnaises:* Sweet Chilli  
With a Twist of Lemon and Roast Garlic  
Hot Peri-Peri

Salad Cream Classic with a hint of Dijon Mustard

**Cholula**

Hot Sauce

**Colmans**

Seafood Sauce

Tartare Sauce

Spicy Relish Sauce

**Crosse and Blackwell Branston**

Pickle - Smooth, Original, Small Chunk

Beetroot Pickle

Sandwich Pickle

Red Onion and Cranberry Pickle

Brown Sauce

Squeezy Relish Tomato & Red Pepper and Sweet Onion

Squeezy Smooth Pickle

**Daddies**

Brown Sauce

Tomato Ketchup

**Discovery**

*Old El Paso Fajitas Spice Mix:*

Tomato and Peppers

Salsa, Thick and Chunky Salsa

Garlic Salsa

Cool Sour Cream Topping

Chunky Guacamole

**Encona**

Thai Sweet Chilli Sauce

Hot Pepper Sauce

Jerk BBQ Sauce

Cajun Hot Sauce

Sweet Mango Chilli Sauce

**Gales**

Lemon Curd

**Heinz**

Tomato Ketchup and Organic

Tomato Ketchup reduced sugar and salt

Tomato Ketchup Fiery Chilli

Tomato Ketchup Chilli

Sandwich Spread – original and light

57 Steak Sauce  
Ploughman's Pickle  
Speciality Tangy Sandwich Pickle

*Heinz Mayonnaise:*

Deli Mayo with Caramelised Onion  
Deli Mayo with Roasted Garlic  
Magnificent Mayo  
Light Mayo  
Salad Cream with onion and chives  
Salad Cream with lemon and black pepper

*Heinz Dips and Marinades:*

Classic BBQ Rich and Smokey  
Sticky BBQ Smooth and Sweet  
Chilli BBQ Hot and Tangy

**HP Foods**

HP Sauce, Reduced sugar and salt, Fruity  
HP BBQ sauces – classic, honey, spicy  
HP Guinness  
HP Pepper Sauce

**Haywards**

Picalilli  
Sweet Picalilli

**Hellmans**

Salad Cream

*Mayonnaise:* Real  
Light  
Lighter than Light

*Dressings:* Thousand Island  
Balsamic Vinaigrette  
French  
Honey and Mustard  
Fat Free

*Flavoured Mayonnaise:* With a Pinch of Mustard  
With a Spark of Chilli  
With a Touch of Garlic  
With a Zing of Lemon  
With a Hint of Wasabi  
With a Twist of Pepper

**Kraft**

**Dressings:**

Thousand Island and Light

Honey & Mustard and Light  
Light French  
Light Garlic & Herb  
Light Caesar  
Light Balsamic  
Light Italian

**Lea and Perrins**

Worcestershire Sauce

**Levi Roots**

Reggae Reggae Jerk BBQ Sauce  
X Hot Reggae Reggae Sauce  
Mild Reggae Reggae Sauce  
Reggae Reggae Relish  
Reggae Reggae Mango & Chilli Relish  
Reggae Reggae Tomato Ketchup

**Mailie**

Original Dijon Mustard  
Bearnaise with crushed black pepper  
Hollandaise Sauce  
Tartare Sauce  
Dijonnaise  
Mayonnaise with a hint of mustard  
Aioli

**Marks and Spencer**

Red Salsa & Green Salsa  
Ploughman's Pickle  
Beetroot Sandwich Pickle  
Brown Sauce  
Fruit Chutney – Traditional, Spicy, Sweet Mango  
Roasted Garlic Mayo  
Traditional Windfall Chutney  
Traditional Piccalilli  
Caramelised Onion Chutney  
Creamy Caesar Dressing  
French Dressing – classic and reduced fat  
Seafood Sauce  
Cranberry Sauce  
Honey and Mustard Dressing  
Salad Cream  
Mayonnaise with extra virgin olive oil  
Pickled onion Sandwich Pickle  
Red Chilli Relish

Balsamic Vinegar Chutney  
Spiced Damson Chutney  
Worcester Sauce  
Low Fat French Dressing  
Balsamic Vinaigrette Dressing  
Chilli and Coriander Dressing  
Dipping Sauce - Mango and Sweet Chilli, Sweet Chilli  
Oyster Sauce  
Red Thai Paste  
Green Thai Paste  
Malaysian Redang Paste

**Mary Berry (available at Waitrose)**

Salad Dressing  
Light Salad Dressing  
French Herb Dressing  
Mustard Dressing  
Mint & Tomato Dressing  
Pesto Dressing

**Morrisons**

Lemon Curd & M Savers  
Brown Sauce, M Savers & Spicy  
Salad Cream, Light, Extra Light and M Savers  
All Mayonnaise  
Seafood Sauce & Reduced Fat  
Garlic Sauce  
Tartare Sauce  
Tomato Ketchup and M Savers  
Sweet Pickle  
Sandwich Pickle  
Sweet Piri Piri Dressing  
Fine Herb Dressing  
French Dressing reduced fat  
Burger Sauce  
Chutney – Tomato, Spiced Fruit, Onion, Mango  
Redcurrant and Cranberry Jelly  
The Best Sweet Balsamic and Herb Dressing  
Sandwich Piccallili  
Picallili

**Newman's Own**

Spicy Cajun Sauce  
Sticky BBQ Sauce  
*Dressings:* Italian, French, Light French, Ranch, Maple & Mustard, Balsamic

**Oak Lane**

*Salad Dressings:* French, Caesar and Thousand Island

**Patak's**

Mango Chutney

Hot Mango Chutney

Major Grey Chutney

**Pizza Express**

House and House Light Dressing

Honey & Mustard Dressing

Italian Dressing

Balsamic Dressing

**Sainsbury's**

Brown Sauce & Basics

Burger Sauce

Chip Shop Curry Sauce

Garlic Sauce

Seafood Sauce

Hollandaise Sauce

Béarnaise Sauce

Tartare Sauce & Basics & Organic

Sweet Pickle Basics

Tomato Relish

Tomato & Jalapeno Relish

Onion Relish

Sweetcorn Relish

Sweet Chili Dipping Sauce

Organic Tomato Ketchup

Smokey Chipotle Chilli Ketchup

Peri-Peri Sauce

Piccalilli, Sweet Piccalilli & Taste the Difference Piccalilli

Summer Fruit Sauce

Lemon Curd & Basic (NOT Luxury or Taste the Difference)

Bramley Apple Sauce

*Mayonnaise:* Thick and Creamy

Basics

Lighter

Be Good To Yourself

Chilli Mayo

*Salad Cream:* Basics

Reduced Fat

Be Good To Yourself

*Dressings:* Chilli, Lime & Coriander

Mango & Chilli



Creamy Olive Oil  
Honey & Mustard  
Caesar  
French  
French Basics  
Balsamic

*Be Good to Yourself Dressings:*

French Style  
Caesar  
Thousand Island  
Balsamic  
Honey & Mustard  
Blue Cheese  
Red Pepper & Chilli

*Taste the Difference Dressings:*

French Dressing with Chardonnay  
Wildflower Honey and Mustard  
Oak-aged Balsamic Dressing

**Sharwoods**

Green Label Mango Chutney  
Mango Chutney Chilli  
Plum Sauce  
Sweet Chilli Sauce

**Shaws**

Chunky Mango Chutney

**Tesco**

Brown Sauce, Finest & Value  
Reduced Fat Seafood Sauce  
Oyster Sauce  
Sweet Burger Sauce  
Fruity Brown Sauce (glass bottle only)  
Value Sweet Pickle  
Tangy Garlic Sauce  
Salad Cream, Everyday Value & Light Choice  
Mayonnaise, Light, Everyday Value & Lighter than Light  
Tomato Ketchup, Everyday Value & Organic  
Sweet Piccalilli  
Mustard Piccalilli  
Finest Red Onion Relish  
Caramelised Onion Relish  
Onion Relish  
Everyday Value Hamburger Relish  
Chipotle Chilli Relish

Roast Garlic Sauce  
Finest Tartare Sauce and Everyday Value  
Mango Chutney and Finest  
Spicy Mango Chutney  
Curry Leaf Mango Chutney  
Finest Mango, Apricot and Coriander Chutney  
Lemon Curd & Value (NOT Finest)

**Waitrose**

Salsa Relish  
Mustard Piccalilli, Sweet & Essential Piccalilli  
Essential Mayonnaise and Half Fat  
Essential Tomato Ketchup  
Essential Salad Cream  
Essential Brown Sauce

**Wagamama**

Spicy Chilli, Coriander & Ginger Dressing  
Light Soy House Dressing

**Walkers**

*Dippas:* Dorritos Hot Salsa and Dorritos Mild Salsa

**Weight Watchers**

Salad Cream Style Dressing

**Wilkin & Sons**

Lemon Curd

**World Foods**

*Chutneys:* Indian Pineapple  
Indian Tomato & Onion  
Indian Tamarind

*Dipping/Stir Fry sauces:* Chinese Ginger, Garlic, Chilli  
Malaysian Sweet Chilli Coconut  
Thai Hot Green Chilli  
Thai Sweet Chilli  
Thai Sweet Chilli with Kaffir Lime  
Thai Sweet Pineapple Chilli  
Vietnamese Hot Chilli Garlic

*Salad Dressings:* Cambodian Chilli Lime  
Indonesian Coconut Chilli  
Thai Basil Vinaigrette  
Thai Chilli Garlic  
Thai Coconut & Lime  
Vietnamese Garlic Lemongrass

**COOK-IN AND POUR OVER SAUCES, MARINADES  
AND STIR FRY – CANNED AND JARS**

Suitable if protein is 1g per 100g or less or all ingredients are 'free'.

**These can contain concentrated vegetables and, for some, care should be taken to avoid excessive use.**

**Amoy**

*Stir fry sauces:* Sweet Thai Chilli  
Sweet & Sour

*Sticky Glazes:* Sweet Soy  
Rich & Creamy Coconut Milk

**Asda**

Smart Price Bolognese Sauce

Cantonese Sauce

Rogan Josh

Hot BBQ Sauce

Good for You Sweet & Sour Cooking Sauce

Good for You Bolognese Pasta Sauce

*Chosen by You:* Beef & Ale Slow Cook Sauce  
Beef & Ale Pour Over Sauce  
Fish Pie Cooking Sauce  
Creamy Apple & Cider Pour Over Sauce  
Spinach & Marscapone Pasta Bake  
Red Wine Cooking Sauce  
Smoky BBQ Cooking Sauce  
Sweet & Sour Cooking Sauce  
Butter Chicken Cooking Sauce  
Fruity Biryani Oven Bake Sauce

**Bertolli**

Basilico

Bolognese

Arrabbiatta

Primavera

**Blue Dragon**

*Classic Stir Fry Sauces:* Chow Mein  
Peking Lemon  
Sweet & Sour  
Sweet Chilli & Garlic  
Sweet Soy, Garlic and Ginger  
Teriyaki  
Thai Basil & Lemon Grass

*Stir Fry Shots:* Chilli Coconut Shot  
Szechuan Pepper Shot  
Chilli Teriyaki Shot

*Cooking Sauces:* Chinese Curry  
Japanese Curry  
Chow Mein  
Sweet & Sour  
Thai Green Curry  
Thai Red Curry  
Tomato & Sweet Chilli

*Oven Cook Sauces:* Chinese BBQ Sticky Sauce  
Chinese Special Fried Rice Bake  
Japanese Special Fried Rice Bake  
Nasi Goreng Rice Bake  
Teriyaki Sticky Sauce  
Thai Sticky Coconut Rice Bake

### **Chicken Tonight**

Rich & Creamy Mushroom Sauce  
Sweet & Sour Sauce  
Mildly Spicy Mexican Sauce  
French Country Chicken Chasseur & Red Wine Sauce  
Classic Continental Country French White Wine Sauce  
Honey & Dijon Mustard Sauce  
Spanish Chicken Sauce

### **Dolmio**

Creamy White Lasagne Sauce  
Original Bolognese Sauce  
Original Bolognese Pasta Sauce  
Red Lasagne Sauce  
Extra Mushroom Bolognese Sauce  
Original Light Bolognese Sauce  
Meatball Sauce Tomato & Basil  
Extra Spicy Bolognese Sauce  
Roasted Onion & Garlic Lasagne Sauce  
Extra Sweet Pepper Sauce Bolognese  
Extra Spicy Bolognese Sauce  
Pasta Bake Roasted Vegetable Mediterranean Sauce

*Taste of Italy:* Tomato & Chilli  
Tomato & Basil  
Tomato & Garlic

**Homepride**

Mildly Spiced Curry Sauce  
Barbecue  
Beef in Ale  
White Wine & Cream  
Beef Bourginon  
Curry  
Sweet and Sour  
Creamy Carbonara  
Red Wine  
Chicken Casserole  
Creamy Stroganoff  
Chasseur  
Creamy White Wine  
Classic Curry  
Potato Bake Garlic & Herb  
Classic Sweet and Sour  
Sausage Casserole  
Roast Chicken  
Creamy Peppercorn  
Curry Cook-in Sauce

**Levi Roots**

Caribbean Curry Sauce  
Caribbean Korma Sauce  
Caribbean Stew Sauce

**Marks and Spencer**

Hollandaise Pour over Sauce  
Sweet & Sour Stir Fry Sauce and Count on Us  
Sweet Chilli, Ginger & Garlic Stir Fry Sauce  
Sticky BBQ Marinade & Sauce  
Chow Mein Stir Fry Sauce  
Simply M&S Classic Sweet & Sour Sauce  
Sweet & Sour Cooking Sauce and Spicy Sweet & Sour  
Sweet Chilli, Ginger & Brazilian Lime Marinade & Sauce  
Hot Smokey BBQ Marinade & Sauce  
Tomato & Herb Pasta Sauce  
Tomato & Sweet Garlic Pasta Sauce  
Arrabbiatta Pasta Sauce

**Morrisons**

M Savers Sweet & Sour  
M Savers Pasta Sauce  
Sweet & Sour  
Sweet & Sour Sticky

Sweet Chilli Marinade  
Honey & Mustard  
M Savers Curry Sauce  
White Wine Sauce  
Hunter's Chicken Sauce  
Tomato & Basil Pasta Sauce  
Tomato & Vegetable Pasta Sauce  
Tomato & Chilli Pasta Sauce  
Tomato & Garlic Pasta Sauce  
Red Lasagne Sauce  
*Morrisons NUME:* Sweet & Sour Sauce  
Tomato Pasta Sauce

### **Nando's**

Garlic Peri-Peri Sauce  
Medium Peri-Peri Marinade  
Medium Peri-Peri Sauce  
Hot Peri-Peri Sauce

### **Napolina**

Pizza Topping – Tomato Sauce with Herbs  
Bolognese Sauce for Lasagne  
Tomato & Basil  
Tomato & Chilli

### **Ragu**

White Lasagne Sauce  
Bolognese Sauce  
Red Sauce for Lasagne  
Pasta Sauce Traditional Style  
Tomato & Sweet Pepper Pasta Sauce  
Tomato & Basil Pasta Sauce  
Tomato & Chilli Pasta Sauce  
Tomato & Mushroom Pasta Sauce  
Traditional Chunky Bolognese Sauce

### **Sainsburys**

Sweet and Sour  
Peking Lemon  
Basics Curry Sauce  
Basics Pasta Sauce  
Pizza Topping Sauce  
Chunky Vegetable Pasta sauce  
Tomato & Herb Pasta Sauce  
Passata  
*Taste the difference:* Thai Green Cooking Sauce

Chow Mein Stir Fry Sauce  
Pizza Topping Sauce

**Seasoned Pioneers**

**Gourmet Cooking Sauces:**

Moroccan Fennel & Apricot Tagine  
Cajun Jambalaya  
Chinese Shichuan Plum and Mandarin  
Mexican Manchamantel  
Spanish Pimenton Bravas

**Seeds of Change**

Organic Tomato & Basil Pasta Sauce  
Organic Classic Bolognese Pasta Sauce

**Sharwoods**

Sweet and Sour  
Kung Po  
Hoi Sin & Five Spice  
Sweet Chilli  
Cantonese Curry  
Cantonese Sweet & Sour  
Sweet Chilli & Red Pepper  
Chow Mein  
Spicy Szechuan

**Tesco**

Everyday Value Sweet & Sour Sauce  
Shanghai Garden Sweet & Sour Sauce  
Light Choices Sweet & Sour Sauce  
Sweet & Sour Sauce  
Tesco Finest Sweet & Sour Sauce  
Ken Hom's Sweet & Sour Sauce  
Goodness Pasta Sauce (for children)  
Everyday Value Pasta Sauce  
Bolognese Pasta Sauce Jar  
Trattoria Verdi Original Pasta Sauce  
Mushroom Pasta Sauce  
Green Thai Cooking Sauce  
Red Thai Cooking Sauce  
Light Choices Pasta Sauce  
Onion & Garlic Pasta Sauce  
Chunky Vegetable Pasta Sauce

**Uncle Bens**

Sweet & Sour

Light Sweet & Sour  
Sweet & Sour Extra pineapple  
Lemon Chicken & Ginger  
Sweet Thai Chilli  
Szechuan Chilli  
Oriental Cantonese  
Sweet & Sour Extra Spicy  
Medium Curry

### **Wagamama**

Sweet Teriyaki Stir Fry or Marinade Sauce

### **Waitrose**

Essential Waitrose White Lasagne Sauce  
Essential Waitrose Lasagne Sauce  
Essential Waitrose Tomato & Garlic Pasta Sauce  
Essential Waitrose Tomato & Basil Pasta Sauce  
Essential Waitrose Tomato & Olive Pasta Sauce  
Sago Alla Bolognese  
Napoletana  
Hot & Spicy Arrabbiatta

### **Weight Watchers**

Sweet and Sour Sauce  
Pasta Sauce – Roasted Garlic

### **World Foods (available in Tesco's)**

*Marinades & Stir Fry Sauces:* Thai Tumeric, Lemon Grass  
Malaysian Chilli Coconut  
Indonesian Sweet Tamarind  
Chinese Chilli Tomato BBQ

*Stir Fry Sauces:* Burmese Tamarind  
Cambodian Chilli

*Noodle Sauces:* Thai 'Pad Thai'

*Cooking Sauces:* Malaysian Vegetable Curry  
Singaporean Nyonya Laksa  
Thai Green Curry  
Thai Red Curry  
Thai Ginger Lemongrass



## **SWEETS**

Suitable if protein content is 0.3g per 100g or less

**Do not use sugar-free sweets and chewing gums containing aspartame**

### **Asda**

Gourmet Jelly Beans  
Sour Gourmet Jelly Beans  
Jelly Beans  
Rhubarb and Custard  
Rosey Apples  
Butter Mintoes  
Chewbits Fruit bites  
Smart Price Clear Fruits

### **Barratts**

Dib Dabs

### **Bassets**

Clarnico Mint Creams  
Murray Mints

### **Bear**

Bear 100% Yo Yos – all flavours (1 pack of 2 fruit rolls = free)

### **Biona**

Organic Tutti Fruitti Wine Gums

### **Chuppa Chups**

Lollies

### **Ferrero**

*Tic Tacs:*      Fresh Mint  
                     Lime and orange  
                     Spearmint

### **Florida's Natural**

Au'some Nuggets – all flavours

### **Fox's**

Glacier Mints  
Glacier Fruits  
Mint Imperials

### **Goody Good Stuff**

Gummy Sweets – 8 flavours

**Haribo**

Funny Mix ONLY

**Jakemans**

Throat & Chest

**Joseph Dobson**

Mint Imperials

Voice Tablets

Yorkshire mixture

**Just Wholefoods**

VegeBears Fruit Jellies

VegeBears Frooty Fruits

**Kelloggs**

Winders

**Kraft**

York Fruits

**Leaf**

Chewitts – all flavours

**Marks and Spencer**

*Chewing Gum:* Peppermint, Spearmint

Rhubarb & Custard

Butterscotch

Butter Toffees

Jelly Belly Jelly Beans

Jelly Belly Super Sours

Turkish Delight

Mint Imperials

All Butter Mintoes

Strawberry & Cream Drops

Orange & Lemon Drops

Sherbet Lemons

Clear Fruits

Sugar Free Butterscotch Drops

Sugar Free Butter Toffees

Sugar Free Rhubarb & Custard

Sugar Free Strawberries & Cream

**Mentos**

Fruit, Mints, Rainbow (all flavours)

**Morrisons**

Fruit Sherbet  
Butter Mintoes  
Sherbet Lemons  
Flying Saucers  
Jelly Beans  
Rhubarb and Custard  
M Savers Fruit Flavour Jellies  
Meerkat Jellies  
Giant Strawberries  
Sparkling Fruits  
M Savers Clear Fruits  
M Savers Clear Mints

**Nestle Rowntree**

*Polo:* Original, Sugar Free  
Jelly Tots

**Ronwtrees**

Tooty Fruities

**Sainsburys**

Mini Jelly Beans  
Mint Imperials  
Mint Humbugs  
Butter Mintoes  
Pear Drops  
Rhubarb & Custard  
Sherbet Lemons  
Cola Cubes  
Fruit Jellies  
American Hard Gums  
Fizzy Fangs  
*Basics:* Fruit Chews, Sherbet Cocktails

**Swizzles Matlow**

Butterscotch  
Clicker Pops  
Climpies  
Crystal Barley Sugar  
Crystal Fruits  
Crystal Licorice  
Crystal Mints  
Double Dip  
Double Dip Triple  
Double Lollies Dextrose

Double Dollies Dip  
Double Dollies Sugar  
Fizzers Dextrose  
Fizzers Sugar  
Flick & Lic  
Fruity Pops  
Ice Cream Pops  
Lots of Lollies  
Love heart Lipstick  
Love heart Triple Dip  
Love Hearts  
Mini Me Chews  
Monkey Bar Chew  
Necklace  
Parma Violets  
Phantom Fizz  
Rainbow Dust Straws  
Rip and Tip  
Spooky Dip  
Super Baby Bottle  
Watch  
Whistles

**Tesco**

Jelly Beans  
Mini Jelly Beans  
Lemon Sherbets  
Fruit Jellies  
Mint Imperials  
Cough Candy

**Thorntons**

Fruit Jellies  
Mint Crumbles  
Fruit Rocks

**Trebor**

Soft Mints Peppermint  
Extra Strong Peppermint  
Soft Fruits

**Waitrose**

Butter Mintoes

**Vimto**

Tongue Ticklers

**Werther's**

Original Butter Candies

Sugar Free Butter Candies

**Wrigley**

Hubba Bubba – all flavours

Starburst – all flavours (Fruity Chews, Sour Chews, Smoothies, Tongue Tangles)

Skittles – all flavours (Fruits, Crazy Sours, Crazy Cores)

Jelly Fruits

Bubble Tape Snappy Strawberry

## **ICE LOLLIES, SORBETS AND WAFERS**

### **Asda**

Rocket Lollies  
Mango Sorbet

### **Askeys**

Ice Cream Wafer (one wafer 0.2g protein)

### **Barratt**

Lemon Sherbet & Strawberry Ice Lollies

### **Calypso**

To freeze at home:

Jubbly Ice Lollies - Blackcurrant, Tropical, Strawberry, Cola, Orange

Scooby-Do! Freeze Pops

Disney Freeze Pops

### **Del Monte**

Smoothies – Raspberry & Mango

Fruitini – 8 Fruit Juice Ices

100% Juice – Pineapple, Orange

### **Lyons Maid**

Rowntrees Fruit Pastil Lolly

20 Variety pack (except not milk one)

### **Marks and Spencer**

Cloudy Lemonade Lollies

Valencia Orange Juice Lollies

Colin the Caterpillar 4 fruit sour ice-lollies

Mango Madness Sorbet

### **Morrisons**

6 Twisty Lollies

8 Space Rockets

### **Nestle Rowntrees**

Fruit Pastilles Lollies

Fab Strawberry and Blackcurrant Sticks 0.5g/100g or 0.3 per lolly

### **Robinson's**

Fruit Shoot – Orange, Blackcurrant & Apple

### **Rubicon**

Mango Push Up Fruit Ice

Mango Fruit Exotic Sorbet

**R Whites**

Lemonade Ice Lollies

**Sainsburys**

Real Rainbow Fruit Lollies

Rocket Lollies

Real Fruit Lollies

Fruit Juice Lollies

Sprinkle Top Ice Lollies

Fruit Spiral Lollies

Raspberry Sorbet, Lemon Sorbet, Mango Sorbet

*Taste the Difference:* Pink Lemonade Lollies  
Valencia Orange Lollies

**Tesco**

Jack and Molly 20 Lollies

10 Cherryade, Lemonade, Cola Assorted Lollies

Goodness Rainbow Fruit Lollies

8 Fruit Flavoured Lollies Value

Goodness Rocket Lollies

Lemon Sorbet

Sorbet Swirls – Lemon, Mixed berry

**Vimto**

8 Mixed Flavour Ices

**Waitrose**

Essential Waitrose Rocket Lollies

Essential Waitrose Lemon Juice Lollies

Essential Waitrose Fruit Juice Lollies

Love Life You Count Fruit Sorbet Lollies

Zingy and Refreshing 4 Ginger Beer Lollies

Intense and Refreshing 4 Scottish Raspberry Lollies

Juicy and Refreshing 4 Valencia Orange Lollies

Seriously Fruity Alphonso Mango Sorbet

Seriously Fruity Sicilian Lemon Sorbet

Seriously Fruity Willamette Raspberry Sorbet

**Walls**

Mini Calippo – Orange, Lemon & Lime

**Worthenshaw's Freedom Foods ([www.kirstys.co.uk](http://www.kirstys.co.uk))**

Strawberry Frozen Dessert

Vanilla Frozen Dessert

# **BE AWARE!**

**The following may be taken without counting (except where indicated) as long as they do not contain aspartame.**

## **DRINKS**

Fruit juices, fizzy drinks, lemonade, cola varieties, fruit drinks, squashes and cordials. Tea, including fruit and herbal teas, coffee (ground and instant).

### **Lift**

Instant Tea: Lemon, Apple and Peach

### **Rice Milk**

Not to be used for children under 5 years. 5 years and over to a maximum of 400ml per day. Do not use in pregnancy

**Fairtrade** - Rice Drink and Vanilla Rice Drink

**Provamel** - Rice Drink

**Rice Dream** - Original and with added calcium

### **Coconut milk**

Koko Dairy Free original + calcium (previously known as Kara)

Tesco free from Coconut Milk Drink

## **DRINK FLAVOURINGS**

### **Nestle**

Nesquik Powder – Strawberry, Banana

### **Rayner Burgess**

Crusha Milk Shake Mix: Raspberry, Lime (NOT no added sugar varieties)

### **Crusha Shake Syrup**

Raspberry, Banana

### **Morrisons**

Milkshake Mix: Strawberry, Banana

### **Miscellaneous**

Fruit purees, honey, maple syrup, golden syrup



## WORKING OUT EXCHANGES IN THE SUPERMARKET

There are some sections in the supermarket where you will find useful foods. **Anything with a protein content of 0.3g per 100g need not be counted as exchanges. This is not the same as 0.3g per bag or item.** The pack is unlikely to weigh 100g and so the protein will be higher. Remember all those little extras add up.

### Ready made puddings

Meringue nests and brandy snap baskets have a protein per nest or basket – useful with fruit, sorbet and fruit syrups, low protein jelly or suitable free jelly (see below) Toffee and chocolate flavour sauces – good on fruit, ice cream or low protein dessert pudding or sponge.

*Jelly-type puddings* - There are now many jelly puddings which are set with suitable gelling agents e.g. gellan, carageenan, locust, carob and xanthan gum all of which are low in protein. Do not use jellies containing gelatine as it is very high in protein.

### Soup

A number of the 'Soup in a Cup' varieties contain 1 exchange per sachet.

### Savoury Pate and Spread

There is more vegetable ones now e.g. mushroom, aubergine, roasted peppers

### Sauces for making up

Look for easy to prepare hot sauces needing water only.e.g Bisto curry sauce (50g = ½ exchange) Free & Easy Cheese flavour Sauce Mix (50ml= ½ exchange)

### Crisps and snacks

Check small packets for protein per pack. Many of them are 1 exchange per bag and some are only ½ exchange per bag. All vegetable crisps eg parsnip, sweet potato, beetroot (but not potato, maize) are 50g = ½ exchange.

Crisps made from tapioca or cassava are lower in protein. These need not be counted if all the ingredients are 'free'. Ask your dietitian to check for you.

### Cereal Bars

Some are 1 exchange per bar. Useful for a packed meal or snack.

### Alternative 'milk' and 'cream'

Coffee whiteners and non-dairy creams can be useful store cupboard items. Check protein content as they vary from product to product. Also look out for Oatly alternative to cream and milk alternative (1g protein per 100ml)

## How to calculate a 1g protein exchange from a food label

You can use the ready reckoner available from the NSPKU or use your calculator following the example below.

## How to calculate a 1g protein exchange from the food label

Tinned Sweetcorn:

	Per 100g drained
Energy	80kcal
Protein	2.6g
Carbohydrate	13.6g
Fat	1.1g

- Look at the protein per 100g
- Divide this protein figure into 100 and this will give you the amount of the food for a 1g protein exchange
  
- $100 \div 2.6 = 38.5$
  
- Round up or down to the nearest 5g = 40

So 40g of this food = 1 exchange

## **CURRENT LEAFLETS AND BOOKLETS**

Published by the National Society for Phenylketonuria (United Kingdom) Limited.

### **Availability and Prices**

[www.nspku.org](http://www.nspku.org)

or

Caroline Bridges, NSPKU Administrator,  
NSPKU  
PO Box 3143  
Purley  
CR8 9DD

Te: 020-3397 7320

### ***Leaflets are available on the following:***

For Parents

Maternal PKU

For Schools

About Alcohol

For GPs

Guide to Prescription Quantities

For Employers

Dental Care – leaflet for parents, booklet for children

Granny's Guide

10+1 Steps to Success with PKU

### ***Booklets:***

1. The Child with PKU
2. Dietary Treatment for the Previously Untreated Adult with PKU
3. Packed Meals for a PKU Diet
4. Travelling with PKU
5. Joe's Story
6. Returning to the PKU Diet
7. Pictorial Guide to Low protein Diet
8. Weaning Babies with PKU

Ready Reckoner Card