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.

Published by the National Society for Phenylketonuria (United Kingdom)
(A company limited by guarantee and registered as a charity)

Contact Address: NSPKU, PO Box 3143, Purley, CR8 9DD
www.nspku.org

Company No.: 1256124 Charity No.: 273670
## Diet Plan

**Protein Substitute:**
- **Dosage:**

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<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Exchanges</th>
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<th>Exchanges</th>
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<th>Exchanges</th>
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<th>Bedtime</th>
<th>Exchanges</th>
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**TOTAL EXCHANGES**
# PHENYKETONURIA

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<tr>
<td>Foods containing small amounts of phenylalanine which can be taken in normal quantities</td>
<td>page</td>
</tr>
</tbody>
</table>

Special low protein/phenylalanine products available on prescription

Manufactured foods containing small amounts of phenylalanine which Can be taken in normal quantities

How to calculate exchanges from food packaging

**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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Society Dietitian NSPKU
65 Shortlands Road
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Surrey
KT2 6HF

Tel: 020 3397 7494
Email: dietitian@nspku.org
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:

Red  STOP! Do not eat these foods

Amber Go cautiously
These foods can be eaten in measured amounts

Green Go! These foods can be eaten in normal quantities
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.

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>CEREALS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potatoes:</strong></td>
<td>Kellogg’s Cornflakes</td>
</tr>
<tr>
<td>Boiled, boiled and mashed milk free</td>
<td>15g</td>
</tr>
<tr>
<td>Jacket (all these ways of cooking)</td>
<td>Frosties</td>
</tr>
<tr>
<td>80g</td>
<td>20g</td>
</tr>
<tr>
<td>Roast</td>
<td>Rice Krispies</td>
</tr>
<tr>
<td>55g</td>
<td>15g</td>
</tr>
<tr>
<td>Chips – frozen, fresh, oven, crinkle</td>
<td>Sugar Puffs</td>
</tr>
<tr>
<td>45g</td>
<td>15g</td>
</tr>
<tr>
<td>Canned, new (drained weight)</td>
<td>Weetabix, Weetaflakes</td>
</tr>
<tr>
<td>100g</td>
<td>10g</td>
</tr>
<tr>
<td>Croquette</td>
<td>Shredded Wheat</td>
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<tr>
<td>40g</td>
<td>10g</td>
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<tr>
<td>Instant Mashed Potato</td>
<td>Ready Brek (Weetabix)</td>
</tr>
<tr>
<td>– dry powder</td>
<td>10g</td>
</tr>
<tr>
<td>Yams, boiled</td>
<td>Puffed Wheat</td>
</tr>
<tr>
<td>60g</td>
<td>10g</td>
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<tr>
<td>Bamboo Shoots – raw</td>
<td>Bran Flakes</td>
</tr>
<tr>
<td>60g</td>
<td>10g</td>
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<tr>
<td>Spinach, boiled</td>
<td>Oatmeal (raw)</td>
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<tr>
<td>25g</td>
<td>10g</td>
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<tr>
<td>Spring Greens</td>
<td>Rolled Oats</td>
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<tr>
<td>35g</td>
<td>10g</td>
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<tr>
<td>Peas (Fresh, frozen, tinned, Petit Pois)</td>
<td>Rice (raw) white or brown</td>
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<tr>
<td>25g</td>
<td>15g</td>
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<tr>
<td>Broad Beans</td>
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<td>20g</td>
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<tr>
<td>Frozen Mixed Vegetables</td>
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<td>30g</td>
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<tr>
<td>Baked Beans</td>
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<td>– Ordinary, BBQ, Curried</td>
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<tr>
<td>20g</td>
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<tr>
<td>Sweetcorn Kernels,</td>
<td></td>
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<tr>
<td>- Canned &amp; drained</td>
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<td>35g</td>
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<tr>
<td>Corn on the Cob, raw or cooked</td>
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<tr>
<td>55g</td>
<td></td>
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<tr>
<td>Length of cob</td>
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<tr>
<td>4cms</td>
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<tr>
<td>Plain Popped Popcorn</td>
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<td>10g</td>
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<tr>
<td>Un-popped Popcorn</td>
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<td>10g</td>
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<tr>
<td>Kale</td>
<td></td>
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<td>35g</td>
<td></td>
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<tr>
<td>Vine Leaves</td>
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<td>30g</td>
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<tr>
<td>Choi Sum</td>
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<td>35g</td>
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**FRUITS**

- Passion Fruit 40g

**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 (yuca), 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

**JUVELA**
- 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

Juvela
- 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.

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

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

**Morrison’s**
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 Worral 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
Fruijjies – 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
- Orange & Mango

**Silver Spoon**
Orange and Lemon Slices
For cakes - Icing, sugar strands, silver balls
Treat Dessert Sauce – Raspberry

**Tesco**
Fruity Jelly – all flavours with fruit
Just Jelly Tub - Blackcurrant
Strawberry Dessert Sauce

**Waitrose**
Coulis: Blackcurrant
Mango & Lime
Raspberry

**Weightwatchers**
Sugar Free Jelly Crystals: Raspberry & Strawberry
Apple & Blackcurrant
Orange & Peach
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
Mayonnaise: 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**
Worchester 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:* Doritos Hot Salsa and Doritos 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
Norrions 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
**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 Mintoeees  
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 Mintoys
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 Mintoys
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

Morrison’s
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 bean 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:

<table>
<thead>
<tr>
<th>Per 100g drained</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>80kcs</td>
</tr>
<tr>
<td>Protein</td>
<td>2.6g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>13.6g</td>
</tr>
<tr>
<td>Fat</td>
<td>1.1g</td>
</tr>
</tbody>
</table>

- 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

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