

# Branded exchange-free foods

Updated May 2020

The following are examples of branded food products that contain very little protein (phenylalanine) and are exchange free foods. Regularly check the ingredients and the protein content on the nutrition label in case the ingredients change.

## 1 / COOKING, PASTA & STIR FRY SAUCES

**Amoy** Stir Fry Sauce Thai Sweet Chilli

**Blue Dragon** Chow Mein Stir Fry Sauce

**Blue Dragon** Sweet Chilli and Garlic Stir Fry Sauce

**Dolmio** Original Sauce for Bolognese

**Dolmio** Onion & Garlic Sauce for Bolognese

**Dolmio** Tomato Sauce for Lasagne

**Dolmio** Creamy Sauce for Lasagne

**Dolmio** Light Creamy Sauce for Lasagne

**Dolmio** Stir-In Pasta Sauce Sweet Pepper

**Dolmio** Stir-In Pasta Sauce Tomato & Basil

**Lloyd Grossman** Bolognese Sauce

**Lloyd Grossman** Tomato & Basil

**Lloyd Grossman** Tomato & Chilli

**Morrisons** Tomato & Mushroom Pasta Sauce

**Morrisons** Vegetable Pasta Sauce

**Sharwood's** Balti

**Sharwood's** Bhuna

**Sharwood's** Chinese Curry

**Sharwood's** Chow Mein

**Sharwood's** Plum Sauce

**Sharwood's** Stir Fry Szechuan

**Sharwood's** Sweet Chilli & Red Pepper

**Sharwood's** Sweet & Sour

**Tesco** Balti Cooking Sauce

**Tesco** Chinese Inspired Curry Sauce

**Tesco** Hearty Food Co Curry Sauce

**Tesco** Low Fat Tikka Masala Cooking Sauce

**Uncle Ben's** Medium Curry

**Uncle Ben's** Sweet & Sour

**Uncle Ben's** Sweet & Sour Extra Pineapple

**Uncle Ben's** Sweet & Sour No Added Sugar

## 2 / SOYA SAUCES

**Amoy Dark** Soy Sauce


**Blue Dragon** Dark Soy Sauce

**Sainsbury's** Light Soy Sauce

**Sainsbury's** Dark Soy Sauce

**Tesco** Dark Soy Sauce

**Waitrose** Cooks' Ingredients Light Soya Sauce

 **BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.

### 3 / MAYONNAISE, SALAD CREAM & OIL-BASED DRESSINGS

**Asda** Free From Salad Cream

**Asda** Free From Sour Topping

**Asda** Original Salad Cream

**Asda** Smart Price Salad Cream

**Asda** 70% Reduced Fat Salad Cream

**Heinz** Original Sandwich Spread

**Heinz** Seriously Good Mayonnaise

**Heinz** Seriously Good Light Mayonnaise

**Hellmann's** Fat Free Vinaigrette

**Hellmann's** Roasted Garlic Mayonnaise

**Hellmann's** Garlic Kebab Sauce

**Hellmann's** Lighter than Light Squeezy Mayonnaise

**Hellmann's** Light mayonnaise

**Hellmann's** Thousand Island Salad Dressing

**Hellmann's** Vegan Mayo

**Mary Berry's** Classic Salad Dressing

**Mary Berry's** Light Salad Dressing

**Mary Berry's** Honey & Balsamic Vinaigrette

**Mary Berry's** Mango, Lime & Chilli Dressing

**Newman's Own** French Dressing

**Newman's Own** Ranch Dressing

**Pizza Express** House Dressing

**Pizza Express** House Light Dressing

**Tesco** Light Garlic Mayo

**Tesco** Light Mayonnaise

**Tesco** Lighter Than Light Mayonnaise

**Waitrose** Essential half fat mayonnaise

**Waitrose** Garlic mayonnaise

**Waitrose** Mayonnaise with extra virgin olive oil

### 4 / TABLE SAUCES, PICKLES & SPREADS

**Asda** Piccalilli

**Asda** Sandwich Pickle

**Asda** Sweet Onion Relish

**Blue Dragon** Mild Japanese Katsu Curry Sauce

**Blue Dragon** Sweet Chilli Sauce – Original

**Blue Dragon** Sweet Chilli Sauce – Mild

**Blue Dragon** Sweet Chilli Sauce – Hot

**Blue Dragon** Light Sweet Chilli Sauce

**Baxters** Cool Cucumber & Dill Relish

**Baxters** Classic Tomato Chutney

**Branston** Original Pickle

**Branston** Small Chunk Pickle

**Branston** Smooth Pickle

**Branston** Sweet Chilli Pickle

**Daddies** Favourite Brown Sauce

**Daddies** Tomato Ketchup

**Doritos** Mild Salsa and Hot Salsa

**Heinz** Tomato Ketchup

**Heinz** Tomato Ketchup No Added Sugar & Salt

**Heinz** Tomato Ketchup 50% Less Sugar & Salt

**HP** Original Sauce

**HP** Reduced Sugar and Salt Sauce

**HP** Fruity Sauce

**HP** Classic BBQ Sauce

**HP** Honey BBQ Sauce

**HP** Spicy BBQ Sauce

**Levi Roots** Reggae Reggae Jerk BBQ Sauce

**Nando's** Perinaise Peri-Peri Mayonnaise Mild

**Nando's** Peri-Peri Sauce Mild, Medium or Hot

**Old El Paso** Mexican Thick 'N' Chunky Mild Salsa

**Old El Paso** Mexican Thick 'N' Chunky Hot Salsa

**Sainsbury's** Green Olive Tapenade with Herbs

**Sainsbury's** Kalamata Olive Tapenade

Avoid tapenades with anchovies in the ingredients

**Shaws** Caramelised Red Onion Chutney

**Shaws** Devilish Tomato & Chilli Relish

**Shaws** Mighty American Style Relish

**Shaws** Chunky Mango Chutney

## 5 / FREE FROM & VEGAN CHEESES

**Asda** Free From Mature Cheddar Alternative  
**Asda** Free From Grated Mozzarella Alternative  
**Asda** Free From Garlic & Chive Cheddar Alternative

**Follow Your Heart** Dairy-Free Cheddar Shreds  
**Follow Your Heart** Dairy-Free Mozzarella Shreds  
**Follow Your Heart** Dairy-Free Pizzeria Blend Shreds  
**Follow Your Heart** Dairy-Free Fiesta Blend Shreds

**Koko** Dairy Free Alternative to Soft Cream Cheese

**Ocado** Free from Grated Mozzarella Style Cheese Alternative

**Sainsbury's** Deliciously Free From Greek-Style Coconut Based Alternative To Cheese

**Sheese** 100% Dairy Free Vegan – Cheddar Style with Garlic & Chives  
**Sheese** 100% Dairy Free Vegan – Cheddar Style with Jalapeno & Chilli  
**Sheese** 100% Dairy Free Vegan – Edam Style  
**Sheese** 100% Dairy Free Vegan – Greek Style  
**Sheese** 100% Dairy Free Vegan – Gouda Style  
**Sheese** 100% Dairy Free Vegan – Red Leicester Style  
**Sheese** 100% Dairy Free Vegan – Smoked German Style  
**Sheese** 100% Dairy Free Vegan Grated Sheese – Mozzarella Style  
**Sheese** 100% Dairy Free Vegan – Blue English Style  
**Sheese** 100% Dairy Free Vegan – Blue French Style


**Tesco** Free From Smoked Cheese Alternative  
**Tesco** Free From Red Leicester Cheese Alternative  
**Tesco** Free From Jalapeno and Chilli Cheese Alternative

**Violife** Block with Herbs  
**Violife** Block with Hot Peppers  
**Violife** Block with Tomato & Basil  
**Violife** Original Flavour Block  
**Violife** Cheddar Flavour Block  
**Violife** Greek White Block  
**Violife** Mozzarella Flavour Block  
**Violife** Mozzarella Flavour Block for Pizza  
**Violife** Original Flavour Block for Pizza  
**Violife** Pizza Flavour Block  
**Violife** Smoked Flavour Block

**Violife** Cheddar Flavour Slices  
**Violife** Mature Cheddar Flavour Slices  
**Violife** Mozzarella Flavour Slices  
**Violife** Original Flavour Slices  
**Violife** Pizza Flavour Slices  
**Violife** Slices with Herbs  
**Violife** Slices with Hot Peppers  
**Violife** Slices with Tomato & Basil  
**Violife** Smoked Flavour Slices

**Violife** Creamy with Black Pepper  
**Violife** Creamy Cheddar Flavour  
**Violife** Creamy Cheddar & Onion Flavour  
**Violife** Creamy with Garlic & Herbs  
**Violife** Creamy Original Flavour

**Violife** Mozzarella Flavour Grated  
**Violife** Original Flavour Grated

 **BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.

## 6 / GRAVY

**Bisto** Gravy Granules  
**Bisto** Reduced Salt Gravy Granules  
**Bisto** For Chicken Gravy Granules  
**Bisto** For Chicken Reduced Salt Gravy Granules  
**Bisto** Onion Gravy Granules  
**Bisto** For Turkey Gravy Granules  
**Bisto** Vegetable Gravy Granules

**Bisto** Best Beef Gravy  
**Bisto** Best Caramelised Onion Gravy  
**Bisto** Best Chicken Gravy  
**Bisto** Best Lamb Gravy  
**Bisto** Best Pork Gravy  
**Bisto** Best Vegetable Gravy

**Bisto** The Original Gravy Powder

**McDougalls** Instant Thickening Granules

**Morrisons** Beef Gravy Granules  
**Morrisons** Reduced Salt Beef Gravy Granules  
**Morrisons** Chicken Gravy Granules  
**Morrisons** Onion Gravy Granules  
**Morrisons** Vegetable Gravy Granules

**Morrisons** Free From Beef Gravy  
**Morrisons** Free From Vegetable Gravy

**Sainsbury's** Basics Gravy Granules  
**Sainsbury's** Gravy Granules for Chicken  
**Sainsbury's** Gravy Granules for Meat  
**Sainsbury's** Reduced Salt Gravy Granules for Meat  
**Sainsbury's** Gravy Granules for Vegetarian Dishes

## 7 / STOCK CUBES

**Kallo** Organic Beef Stock Cubes  
**Kallo** Organic Chicken Stock Cubes  
**Kallo** Organic Vegetable Stock Cubes  
**Kallo** Very Low Salt Organic Beef Stock Cubes  
**Kallo** Very Low Salt Organic Chicken Stock Cubes  
**Kallo** Very Low Salt Organic Vegetable Stock Cubes


**Knorr** The Beef Cube  
**Knorr** The Chicken Cube  
**Knorr** The Fish Cube  
**Knorr** The Ham Cube  
**Knorr** The Lamb Cube  
**Knorr** The Vegetable Cube

**Knorr** Beef Stock Pot  
**Knorr** Chicken Stock Pot  
**Knorr** Fish Stock Pot  
**Knorr** Herb Infusion Stock Pot  
**Knorr** Lamb Stock Pot  
**Knorr** Mushroom Stock Pot  
**Knorr** Rich Beef Stock Pot  
**Knorr** Vegetable Stock Pot

**Marigold** Swiss Vegetable Bouillon Powder  
**Marigold** Organic Swiss Vegetable Vegan Bouillon Powder  
**Marigold** Organic Swiss Vegan Bouillon Powder (Less Salt)

**Oxo** Beef Stock Cubes  
**Oxo** Reduced Salt Beef Stock Cubes  
**Oxo** Chicken Stock Cubes  
**Oxo** Reduced Salt Chicken Stock Cubes  
**Oxo** Lamb Stock Cubes  
**Oxo** Vegetable Stock Cubes  
**Oxo** Reduced Salt Vegetable Stock Cubes

**Oxo** Stock Pot Original Beef  
**Oxo** Stock Pot Rich Beef with Onion & Rosemary  
**Oxo** Stock Pot Reduced Salt Rich Beef with Onion & Rosemary  
**Oxo** Stock Pot Succulent Chicken with Garlic & Thyme  
**Oxo** Stock Pot Reduced Salt Succulent Chicken with Garlic & Thyme  
**Oxo** Stock Pot Garden Vegetables with Parsley & Bay

 **BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.

## 8 / VEGETABLE SOUPS

**Alvalle** Gazpacho Original (chiller)

**Alvalle** Gazpacho Suave Sin Pepino (chiller)

**Baxters** Vegetarian Carrot & Coriander (shelf)

**Free and Easy** Butternut Squash & Ginger Soup (shelf)

**Free and Easy** Carrot & Coriander Soup (shelf)

**Glorious** SkinnyLicious Soup – New England  
Butternut Squash (chiller)

**Heinz** Carrot & Coriander Soup (shelf)

**Heinz** Soup of the Day – Tomato, Garlic  
& Black Pepper (shelf)

**New Covent Garden Soup Company**

Carrot & Butternut (chiller)

**New Covent Garden Soup Company**

Slow Roasted Tomato (chiller)

**Sainsbury's** Tomato & Basil Soup (chiller)

**Tesco** Butternut Squash Soup (chiller)

**Tesco** Carrot & Coriander Soup (chiller)

**Tesco** Finest Roasted Tomato and Balsamic  
Vinegar of Modena (chiller)

**Tesco** Tomato & Basil Soup (chiller)

## 9 / PLANT MILKS & DRINKS

**Alpro** Coconut (chilled)\*

**Alpro** Coconut (long life)\*

**Alpro** Coconut Unsweetened (chilled)

**Alpro** Coconut Unsweetened (long life)

**Alpro** Rice\*

**Dream** Rice + Calcium (Rice Dream Original)\*

**Rude Health** Coconut Drink Organic\*

**Rude Health** Brown Rice Drink Organic\*

**Vita Coco** Coconut Milk Original

 \*These contain rice and are not suitable for children under the age of 5.

## 10 / FIBRES & GUMS

**Bulk Powders.com** Psyllium Husk Powder

**Doves Farm** Free From Gluten Xanthan Gum

## 11 / FLOURS & STARCHES

**Brown & Polson** Original Patent Cornflour


**Sainsbury's** Cornflour

**Doves Farm** Free From Gluten Organic Corn Flour

**Tesco** Cornflour

**Doves Farm** Free From Gluten Tapioca Flour

**Isabel's** Wholemeal All-Purpose Cassava Flour  
(buy online)

 **BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.

## 12 / DESSERTS & PUDDINGS

**Asda** Mandarin Jellies  
**Asda** Raspberry Jellies  
**Asda** Low Cal Blackcurrant Flavour Jelly Pot  
**Asda** Low Cal Mango Flavour Jelly Pot  
**Asda** Low Cal Peach Fizz Flavour Jelly Pot  
**Asda** No Added Sugar Mandarin Orange in Jelly  
**Asda** No Added Sugar Peaches in Jelly  
**Asda** No Added Sugar Fruit Medley in Juice Pots  
**Asda** No Added Sugar Mandarin Orange in Juice Pots  
**Asda** No Added Sugar Peaches in Juice Pots

**Bonne Maman** Apricot Compote  
**Bonne Maman** Cherry Compote  
**Bonne Maman** Peach Compote  
**Bonne Maman** Rhubarb Compote

**Food Heaven** Heavenly Whipped Cream

**Del Monte** Fruit in Light Syrup Variety Pack

**Dole** Fruit in Jelly – Mandarins in Orange Jelly  
**Dole** Fruit in Jelly – Mixed Fruit in Peach Jelly  
**Dole** Fruit in Jelly – Peaches in Strawberry Jelly  
**Dole** Fruit in Jelly – Pineapple in Jelly  
**Dole** Fruit in Jelly – Tropical Fruit in Jelly

**Dole** Sun Ripened Blackcurrants in Jelly  
**Dole** Fruit in Juice – Fruit Salad  
**Dole** Fruit in Juice – Mandarins  
**Dole** Fruit in Juice – Peaches  
**Dole** Fruit in Juice – Pineapple  
**Dole** Fruit in Juice – Tropical Fruits

**Fruitypot** Apple pieces in fruit juice  
**Fruitypot** Mandarin pieces in fruit juice  
**Fruitypot** Peach & Pear pieces in fruit juice  
**Fruitypot** Pineapple pieces in fruit juice  
**Fruitypot** Jelly Mandarin  
**Fruitypot** Jelly Peach  
**Fruitypot** Jelly Tropical Fruit

**Hartley's** Jelly (Pot) – Blackcurrant Flavour  
**Hartley's** Jelly (Pot) – Lemon & Lime Flavour  
**Hartley's** Jelly (Pot) – Orange Flavour  
**Hartley's** Jelly (Pot) – Strawberry Flavour

**Pearce Duff's** Blancmange – Strawberry Flavour

**Soyatoo** Cocos Whip Coconut Topping Cream  
**Soyatoo** Rice Topping Cream

## 13 / SWEET SAUCES

**Askeys** Treat Maple Syrup Dessert Sauce  
**Askeys** Treat Raspberry Flavour Topping  
**Askeys** Treat Strawberry Flavour Topping


**Clarks** Original Maple Syrup

**Lyle's** Golden Syrup – Maple Flavour  
**Lyle's** Squeezy Syrup – Dessert Strawberry Syrup

**Sainsbury's** Strawberry Sauce Squeezy  
**Sainsbury's** Taste the Difference Raspberry Coulis

**Silver Spoon** Agave Syrup Maple Flavoured

**Waitrose** Aromatic & Vibrant Blueberry Dessert Sauce  
**Waitrose** Scottish Raspberry & Vanilla Coulis

 **BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.

## 14 / CAKE COLOURINGS, DECORATIONS & SPRINKLES

**Baked With Love** Unicorn Sugar Decorations  
**Baked With Love** Mermaid Sugar Decorations  
**Baked With Love** Woodland Animals Sugar Decorations  
**Baked With Love** Carrot Sugar Decorations  
**Baked With Love** Tropical Flamingo Sugar Decorations

**Cake Angels** Cake Art Geometric Print  
**Cake Angels** Rainbow Sprinkles

**Cake Décor** Edible Cake Decoration Pens  
**Cake Décor** Edible Eyes  
**Cake Décor** Pink Glitter Spray  
**Cake Décor** Edible Glue  
**Cake Décor** Decorate A Unicorn Kit  
**Cake Décor** Unicorn Cupcake Decorating Kit  
**Cake Décor** Rainbow Cake Colours

**Dr. Oetker** Bright & Bold Sprinkles Mix  
**Dr. Oetker** Glamour & Sparkle Sprinkle Mix  
**Dr. Oetker** Mermaid Treasure

**Dr. Oetker** Superhero Sprinkles  
**Dr. Oetker** Unicorn Confetti  
**Dr. Oetker** Wafer Daisies and Mini Wafer Flowers

**Morrisons** Natural Black Food Colouring  
**Morrisons** Natural Blue Food Colouring  
**Morrisons** Natural Green Food Colouring  
**Morrisons** Natural Red Food Colouring  
**Morrisons** Natural Yellow Food Colouring  
**Morrisons** Natural Orange Food Colouring  
**Morrisons** Natural Pink Food Colouring

**Sainsbury's** Black Food Colouring  
**Sainsbury's** Blue Food Colouring  
**Sainsbury's** Cochineal Red Food Colouring  
**Sainsbury's** Green Food Colouring  
**Sainsbury's** Pink Food Colouring  
**Sainsbury's** Red Food Colouring  
**Sainsbury's** Yellow Food Colouring

## 15 / ICINGS & FROSTINGS

**Betty Crocker** Classic Coffee Flavour Icing  
**Betty Crocker** Luxurious Salted Caramel Flavour Icing  
**Betty Crocker** Rich Cream Cheese Style Icing  
**Betty Crocker** Vanilla Buttercream Flavour Icing  
**Betty Crocker** Velvety Vanilla Flavour Icing  
**Betty Crocker** Zesty Lemon Flavour Icing

**Dr. Oetker** Buttercream Style Icing Classic Vanilla  
**Dr. Oetker** Cream Cheese Style Icing  
**Dr. Oetker** Easy Swirl Cupcake Icing Vanilla Flavour

**Tesco** Pink Icing – Ready to Roll  
**Tesco** Modelling Paste  
**Tesco** Fondant Icing – Ready to Roll  
**Tesco** Vanilla Flavour Frosting

## 16 / FRUIT BARS & SNACKS

**Bear** Pure Fruit Paws Apple & Blackcurrant  
**Bear** Pure Fruit Paws Strawberry & Apple  
**Bear** Pure Fruit Yo Yos Apple  
**Bear** Pure Fruit Yo Yos Blackcurrant  
**Bear** Pure Fruit Yo Yos Mango  
**Bear** Pure Fruit Yo Yos Pineapple  
**Bear** Pure Fruit Yo Yos Raspberry  
**Bear** Pure Fruit Yo Yos Strawberry  
**Bear** Pure Fruit Yo Yos Super Sour Mango & Apple  
**Bear** Pure Fruit Yo Yos Super Sour Strawberry & Apple  
**Bear** Pure Fruit Yo Yos Super Sour Strawberry Apple & Pumpkin

**Eskal** Wafers – Lemon  
(online from [alternativestores.com](http://alternativestores.com))

**Fruit Bowl** Blackcurrant Peelers  
**Fruit Bowl** Raspberry Peelers  
**Fruit Bowl** Strawberry Peelers

**Kelloggs** Fruit Winders Doubles – Apple & Strawberry  
**Kelloggs** Fruit Winders Doubles – Strawberry & Blackcurrant  
**Kelloggs** Fruit Winders – Strawberry



## 17 / ICE LOLLIES & SORBETS

### **Asda/Morrisons/Sainsbury's/Tesco/Waitrose**

Lemon Sorbet  
Mango Sorbet  
Raspberry Sorbet

### **Asda** Strawberry & Watermelon Sorbet Lollies

**Del Monte** Smoothie – Raspberry & Mango

**Del Monte** Sicilian Lemon Smoothie

**Del Monte** Fruitini Real Fruit Ice Lollies

**Del Monte** 100% Juice – Pineapple, Orange

**Del Monte** Real Lemonade Lolly

**Dale Farm** Pear Picking Porky – Pear Flavour Lolly

**Dale Farm** Polly Pineapple – Pineapple Flavoured Lolly

**Giannis** Sorbet – Lemon, Mango, Raspberry

**Iceland** Cherry Cola or Tropical Tornos

**Iceland** Mr. Freeze Jubbly Orange Ice Lollies

**Iceland** Mr. Freeze Jubbly Strawberry Ice Lollies

**Iceland** Rocket Lollies

**Robinsons** Fruit Shoot – Orange, Apple & Blackcurrant

**Rowntrees** Fruit Blaster

**Rowntrees** Fruit Pastille Lolly

**Rowntrees** Fruit Pastilles Push Ups

**Rowntrees** Fruit Stack Ice Lolly

**R Whites** Premium Lemonade Ice Lolly

**Vimto** Eezy Freezy Pyramids – Mixed Fruit Flavour  
Freezable Pops

**Vimto** Mixed Fruit Flavour Water Ices

**Wall's** Mini Calippo – Lemon & Lime

**Wall's** Mini Calippo – Orange

## 18 / CONES

**i** These are the only exchange free cones (buy online via alternative Stores.com):

**Eskal** Gluten Free Original Cone

**Eskal** Gluten Free Waffle Cone

## 19 / MILKSHAKE POWDERS, SYRUPS & STRAWS

**i** Milkshake powders come in many varieties. Milkshake powder consisting of sugar, colouring and flavouring only, if made up with a suitable low protein milk, is exchange free. For the other milkshake varieties, please check the protein content on the label to work out the protein exchange amount.

**Asda** Bananazana Flavoured Milkshake Mix

**Crusha** No Added Sugar Banana Flavour Milkshake Mix

**Crusha** No Added Sugar Strawberry Flavour  
Milkshake Mix

**Crusha** No Added Sugar Raspberry Flavour  
Milkshake Mix

**Crusha** Limited Edition Cookies & Cream Flavour  
Milkshake Mix

**Dr. Moo** Quick Milk Magic Sipper – Banana Flavour

**Dr. Moo** Quick Milk Magic Sipper – Fruity  
Cereal Flavour

**Dr. Moo** Quick Milk Magic Sipper – Strawberry Flavour

**Dr. Moo** Quick Milk Magic Sippers Unicorn Lucky Box

**Morrisons** Milkshake Mix – Banana Flavour

**Nesquik** Banana Flavour Milkshake Mix

**Nesquik** Strawberry Flavour Milkshake Mix

**! BE AWARE** The ingredients in food products change from time to time. It may be unclear from the food packaging that the recipe has changed. Regularly check the ingredients and the protein content in case of changes.



**!** Do NOT use sweets or chewing gums containing aspartame.

**Asda** Free from White Choc Buttons

**Barratt** Dip Dabs

**Chupa Chups** Lollies

**Chupa Chups** Sugar Free Lolly

**Fox's** Glacier Fruits

**Fox's** Glacier Mints

**Fox's** Mint Imperials

**Freedom Mallows** Mini Pink & White Vanilla Bites

**Freedom Mallows** Strawberry Mallows

**Freedom Mallows** Vanilla Mallows

**Freedom Mallows** Vegantic BBQ Mallow

**Free From Fellows** Cola Bottles

**Free From Fellows** Gummy-Bears

**Free From Fellows** Lollipops

**Free From Fellows** Midget Gems

**Free From Fellows** Pear Drops

**Free From Fellows** Rhubarb & Custard

**Free From Fellows** Wine Gums

**Haribo** Funny Mix

**Haribo** Giant Strawbs

**Haribo** Jelly Beans

**Hubba Bubba** Apple Bubble Gum  
(New Chunkier & Bubblier)

**Hubba Bubba** Original Bubble Gum  
(New Chunkier & Bubblier)

**Hubba Bubba** Strawberry Bubble Gum  
(New Chunkier & Bubblier)

**Just Wholefoods** Vegebears – Vegan Organic  
Fruit Jellies

**Just Wholefoods** Vegebears – Vegan Organic  
Fruit Jellies – Slightly Sour

**Just Wholefoods** Frooty Fruits – Vegan Organic  
Fruit Jellies

**Marks and Spencer** Sugar Free Peppermint Gum

**Marks and Spencer** Sugar Free Spearmint Gum

**Mentos** Fruit

**Mentos** Mints

**Mentos** Rainbow

**Mentos** Spearmint

**Mentos** Strawberry

**Nerds** Candy Cup

**Nestlé Rowntrees** Polo – Original

**Nestlé Rowntrees** Polo – Sugar Free

**Rowntrees** Jelly Tots

**Sainsbury's** Fizzy Fang Sweets

**Sainsbury's** Fruit Jellies Sweets

**Sainsbury's** Mini Jellybeans Sweets

**Swizzels** Bumper Bag Sweets

**Tesco** Free From White Choc Bar

**Tesco** Free From White Choc Buttons

**Trebor** Soft Mints – Peppermint

**Trebor** Soft Mints – Spearmint

**Trebor** Extra Strong Peppermint

**Trebor** Soft Fruits

**Werther's Original** Butter Candies

**Werther's Original** Sugar Free Butter Candies

**Wrigley** Starburst Fruit Chews

**Wrigley** Starburst Strawberry Fruit Chews

**Wrigley** Skittles Fruit Chewies

**Wrigley** Skittles Crazy Sours

**Wrigley** Skittles Fruits