

Low Protein Food Formulary

Summary of Prescribable Low Protein Foods Available in NHS Greater Glasgow & Clyde

Bread & Rolls

- Ener-G® Low Protein Rice Bread
- Juvela® Low Protein Loaf
- Juvela® Low Protein Bread Rolls
- Loprofin® Low Protein Part Baked Loaf Sliced
- Loprofin® Low Protein Part Baked Bread Rolls
- Mevalia® Low Protein Pan Carre
- Mevalia® Low Protein Pan Rustico
- Mevalia® Low Protein Ciabattine
- PK Foods® Low Protein White Sliced Bread
- Promin® Low Protein Fresh Baked Sliced Bread

Cakes, Biscuits & Snacks

- Juvela® Low Protein Cookies
- Loprofin® Low Protein Cream Wafers
- Loprofin® Low Protein Crackers
- Mevalia® Low Protein Crostini
- Mevalia® Low Protein Choco Chip Biscuits
- Mevalia® Low Protein Frollini Biscuits
- Mevalia® Low Protein Fette Biscottate
- Mevalia® Low Protein Magdalenas
- PK Foods® Aminex Low Protein Biscuits
- PK Foods® Aminex Low Protein Cookies
- PK Foods® Aminex Low Protein Rusks
- PK Foods® Low Protein Crispbread
- PK Foods® Low Protein Cookies
- Promin® Low Protein Croutons
- Promin® Low Protein 'Snax'
- Taranis® Low Protein Biscuits
- Taranis® Low Protein Caramel Shard Biscuits
- Taranis® Low Protein Biscottes
- Taranis® Low Protein Cookies
- Taranis® Low Protein Cake
- Vitaflo® Choices Low Protein Mini Crackers
- Vita Bite® Low Protein Bar

Cereals

- Loprofin® Low Protein Breakfast Cereal Flakes
- Loprofin® Low Protein Cereal Loops
- Promin® Low Protein Breakfast Bars
- Promin® Low Protein Hot Breakfast Powder Sachets

Desserts

- PK Foods® Low Protein Jelly Mix
- Promin® Low Protein Dessert
- Promin® Low Protein Rice Pudding

Flour Mixes & Egg Substitutes

- Ener-G® Low Protein Egg Replacer
- Fate® Low Protein All Purpose Mix
- Fate® Low Protein Cake Mix
- Juvela® Low Protein Mix
- Loprofin® Low Protein Cake Mix
- Loprofin® Low Protein Mix
- Loprofin® Low Protein Egg Replacer
- Loprofin® Low Protein Egg White Replacer
- Mevalia® Low Protein Bread Mix
- Mevalia® Low Protein Cake Mix
- PK Foods® Low Protein Flour Mix
- PK Foods® Low Protein Egg Replacer
- Promin® Pizza Base Mix

Pasta & Rice

- Loprofin® Low Protein Imitation Rice
- Loprofin® Low Protein Pasta
- Mevalia® Low Protein Pasta
- Mevalia® Low Protein Rice Replacer
- Promin® Low Protein Pasta
- Promin® Plus Low Protein Pasta
- Promin® Low Protein Imitation Rice

Pizza Bases

- Juvela® Low Protein Pizza Bases
- Mevalia® Low Protein Pizza Base

Savoury Meals & Mixes

- Promin® Low Protein Mac Pots
 - Promin® Low Protein Burger and Sausage Mixes
 - Mevalia® Low Protein Hamburger Meat Substitute
 - Promin® Low Protein Pasta in Sauce
 - Promin® Low Protein Potato Pots
 - Promin® Low Protein Soup With Croutons Oral Powder
 - Promin® Low Protein X Pots
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Spreads

- Taranis® Low Protein Spread
 - Promin® Low Protein Cheese Sauce Mix
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Low Protein Foods List

What products to prescribe and what quantity?

The information below has been adapted from material produced by The National Society for Phenylketonuria. People with Phenylketonuria (PKU) and some other inherited metabolic conditions requiring a low protein diet can only eat a very limited diet. They are unable to eat many nutritious and staple foods: e.g. meat, fish, eggs, cheese, milk, nuts, ordinary bread, pasta and other cereal products. There are a few normal foods they can eat in unlimited quantities and these mainly include free fruits and vegetables that have a low calorie density. Therefore, the diet requires supplementation with many low protein foods that are available on prescription (must be ACBS endorsed).

The prescription of low protein foods is for 3 main reasons:

1. Low protein foods provide an essential source of calories to support growth and prevent catabolism, which may lead to metabolic instability.
2. Low protein foods provide bulk in the diet to prevent hunger and may result in people eating foods high in protein.
3. Low protein foods provide variety in a very limited diet.

For PKU, guideline amounts have been calculated based on energy requirements. In general low protein special foods are expected to provide 50% of estimated daily energy requirements. For people with other inherited metabolic disorders requiring low protein diet, such as Maple Syrup Urine Disease and Tyrosinaemia disorders the low protein foods are equally important and the same quantities can be used for guidance. For information on individual patients requirements further advice can be sought from the patients' managing dietitian.

The following tables give guidance on the maximum recommended units a person with PKU will require based on age. None of the ACBS foods can be considered as a luxury item and alternative low protein biscuits, cakes etc cannot be purchased from supermarkets.

ACBS indications for low protein foods are: inherited metabolic disorders, renal or liver, requiring a low protein diet.

The definition of one unit is given below. The units are intended as a guide only as package size is variable. Products have been categorised to the nearest 0.5 unit

Low protein prescribable foods	Definition of one unit
Pasta/Rice	1 box (500g)
Pasta pots/Pasta in sauce/Potato Pots	300g
Flour mix/Cake mix	1 packet (500g)
Bread/Bread Rolls	600g-800g
Pizza bases/pizza base mixes	2 pizza bases (300g)
Crackers/Crispbread/Mini crackers/Croutons/Crostini/Savoury snacks	200g
Sausage/Burger mixes	4 sachets (125g dry powder)
Cheese sauce mix	1 pack (225g dry powder)
Soup	4 sachets (112g dry powder)
Breakfast cereals	375g
Egg replacer/Egg white replacer	1 tub
Biscuits	1 packet (150g)
Cakes/Breakfast bars/Dessert mixes/Jelly powder/Chocolate spread	240g
Energy bars (Vitabite)	175g

Recommended maximum number of units of low protein foods for each age group:

Age of patient with PKU	Recommended maximum number of low protein items to prescribe
4months – 3 years	15 units
4-6 years	25 units
7-10 years	30units
11-18 years	50 units
Adults	50 units
Pre-pregnancy/Pregnancy	50 units

Low protein foods have been colour coded using the Food Standards Agency traffic light system. Red = high, Amber = moderate. Green = low for salt, fat, saturated fat and sugar. This information can be used by patients and prescribers to guide low protein food choices to help maintain a healthy diet. It is expected that patients may request different low protein foods on prescription each month. If there are concerns about the low protein foods patients are requesting on prescription amounts/types further guidance can be sought from the metabolic dietitians at Yorkhill 0141 201 5214. **NB for prescribers using VISION** for products with more than one flavour if you select the product description which includes (Flavour not Specified) you can then use free text to add different flavours which will negate a separate prescription being required for each flavour. For patients with PKU, milk replacements and protein substitutes are also required to manage the condition. These products are not included in the monthly recommended number of low protein food units.

- Milk replacements are products such as, Loprofin drink, Prozero and SnoPro
- Protein substitutes are products such as PKU Lophlex LQ, PKU Anamix Infant, PKU Anamix Junior, PKU Gel etc.

Information on formulary choices for nutritional products can be found in the NHSGGC Infant and Paediatric Oral and Enteral Nutrition Formulary

[http://www.ggcprescribing.org.uk/media/uploads/other_formularies/infant_and_paediatric_oral_and_ental_nutrition_formulary_final_21102014_\(2\).pdf](http://www.ggcprescribing.org.uk/media/uploads/other_formularies/infant_and_paediatric_oral_and_ental_nutrition_formulary_final_21102014_(2).pdf)

and the NHSGGC Metabolic Product Formulary http://www.ggcprescribing.org.uk/media/uploads/other_formularies/metabolic_product_formulary_final_211014.pdf

Company	Breads & Rolls	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Ener-G®	Ener-G® Low Protein Rice Bread	600g	1	273-0992	315	n/a	n/a	n/a	n/a	n/a	n/a	
Juvela®	Juvela® Low Protein Loaf (Sliced)	400g	0.5	092-3961	243	2.7	0.6	0.7	4.3	<15	30g	
	Juvela® Low Protein Bread Rolls	350g (5 per pack)	0.5	206-3485	255	5.3	1.8	0.6	4.3	<15	70g	
Loprofin®	Loprofin® Low Protein Part-Baked Loaf (sliced)	400g	0.5	361-6075	259	5	0.7	0.4	4	<10	20g	
	Loprofin® Low Protein Part Baked Bread Rolls	260g (4 rolls per pack)	0.5	361-6067	259	6	1.7	0.4	5	<10	65g	
Mevalia®	Mevalia® Low Protein Pan Carre (white sliced loaf)	400g (2 x 200g loaves)	0.5	381-7186	222	4.9	2.3	0.3	2.4	15	20g	
	Mevalia® Low Protein Pan Rustico (Brown sliced loaf)	400g (2 x 200g loaves)	0.5	381-7194	236	5.3	2.5	0.3	2.1	17	20g	
	Loprofin® Low Protein Ciabattine (brown rolls)	260g (4 x 65g rolls)	0.5	381-7202	235	3.7	1.7	0.1	3.6	20	65g	
Promin®	Promin Low Protein Fresh Baked Sliced Bread	4 x 800g	1	394-3941	257	4.3	0.3	0.62	1.4	15.5	48g	
PK Foods®	PK Foods® Low Protein White Sliced Bread	550g	1	280-3781	246	5.1	0.6	0.1	1.8	11	n/a	

Company	Cakes, Biscuits & Snacks	Pack Size	No of Units	PIP- code	Calories / 100g	Fat g /100g	Sat fat g /100g	Salt g /100g	Sugar g /100g	Phe mg/100g	Portion Size	Age suitability of product
Juvela®	Juvela® Low Protein Chocolate Chip Cookies	125g	1	053-2572	491	24.7	8.5	0.5	18.2	<18	10g	
	Juvela® Low Protein Orange Cookies	125g	1	053-2556	489	25	8.4	0.6	17.1	<18	10g	
	Juvela® Low Protein Cinnamon Cookies	125g	1	053-2564	490	24	8.0	0.6	17.1	<18	10g	
Loprofin®	Loprofin® Low Protein Cream Wafers (Vanilla Cream)	100g	1	038-4495	568	34.7	24.4	0.0	28.2	2.4		
	Loprofin® Low Protein Crackers (Savoury)	150g	1	039-7125	448	15	7	1.3	1.5	10	33g	Not suitable for under 3 years old
	Loprofin® Low Protein Herb Crackers	150g	1	277-4446	439	14.6	6.9	1.6	3	17	33g	Not suitable for under 3 years old
Mevalia®	Mevalia® Low Protein Crostini (Swedish style crispbread)	150g	1	381-7210	423	10	5.9	0.43	3.1	32	10g	
	Mevalia® Low Protein Magdalenas	200g (4 x 50g)	1	394-6183	372	11.0	6.2	0.55	27	25	50g	
	Mevalia® Low Protein Choco Chip Biscuits (chocolate chip cookies)	200g	1	382-0602	472	16	7.7	0.1	20	28	10g	
	Mevalia® Low Protein Frollini Biscuits (plain biscuits)	200	1	382-0594	476	15	7.3	0.1	16	27	7g	

Company	Cakes, Biscuits & Snacks	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
PK Foods®	PK Foods® AMINEX Low Protein Biscuits	200g	1	216-0208	443	13.4	n/a	0.1	n/a	9	8g	
	PK Foods® AMINEX Low Protein Cookies	150g		216-0216	443	13.4	n/a	0.1	n/a	9	16g	
	PK Foods® AMINEX Low Protein Rusks	200g	1	216-0190	443	13.4	n/a	0.1	n/a	9	5g	
	PK Foods® Low Protein Crispbread	75g	0.5	280-3799	406	5.1	3.5	0.7	0.3	13.5	5g	
	PK Foods® Low Protein Cookies (Chocolate Chip)	150g	1	280-3757	390	12.5	7.5	0.5	24.8	18	5g	
	PK Foods® Low Protein Cookies (Orange)	150g	1	280-3732	500	20	2.9	0.6	26	7.7	8g	
	PK Foods® Low Protein Cookies (Cinnamon)	150g	1	280-3740	398	12.2	7.3	0.3	24.5	9.3	8g	
Promin®	Promin® Low Protein Croutons	4 X 40g	1	386-0798	509	28.1	n/a	5.5	n/a	29.2	40g	Not suitable for under 4 years old
	Promin® Low Protein SNAX (Fried Maize and Potato starch 'SNAX') Only available as MIXED BOX - Cheese & Onion, Salt & Vinegar, Ready Salted and Jalpeno (see below)	4 x 3 x 25g (300g)	1.5	356-1586								
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Cheese & Onion,		n/a		369	21.8	n/a	4.6	n/a	20.5	25g	
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Salt & Vinegar		n/a		458	16	n/a	1.1	n/a	12.8	25g	
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Ready salted		n/a		465	16.6	n/a	4.2	n/a	7.7	25g	
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Jalepeno		n/a		457	16.1	n/a	1.5	n/a	22	25g	

Company	Cakes, Biscuits & Snacks	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Taranis®	Taranis® Low Protein Cake Bar (Lemon)	6 X 40g	1	341-5064	400	16.6	7.6	0.8	33.5	5.5	40g	
	Taranis® Low Protein Cake Bar (Pear)	6 X 40g	1	357-9448	362	12.8	6.7	0.8	27		40g	
	Taranis® Low Protein Cake Bar (Apricot)	6 X 40g	1	357-9471	362	12.8	6.7	0.8	27	5.5	40g	
	Taranis® Low Protein Rusks/ French Toast	250g (4 x 62.5g)	1		413	10.0	5.6	0.06	5.2	30	62.5g	Not suitable for under 3 years old
	Taranis® Low Protein Raspberry Shortbread Biscuits	120g (4 x 30g)	1		476	18.6	9.1	0.02	16.7	9.4	30g	Not suitable for under 3 years old
	Taranis® Low Protein Chocolate Chip Biscuits	120g (4 x 30g)	1		491	20.4	9.9	0.5	16.4	20	30g	Not suitable for under 3 years old
	Taranis® Low Protein Biscuits with Caramel Shards	130g (4 x 32.5g)	1		483	18.2	8.5	0.02	15.8	8.1	32.5g	Not suitable for under 3 years old
	Taranis® Low Protein Chocolate Chip Cookies	135g (3 x 45g)	1		484	19.6	10.4	0.01	25.6	13	45g	Not suitable for under 3 years old
	Taranis® Low Protein Shortbread Biscuits	120g (4 x 30g)	1		484	19.1	9.0	0.02	14.9	9.4	30g	Not suitable for under 3 years old
Vitabite®	Vitabite® Low Protein Bar (Chocolate flavoured)	7 X 25g	1	277-1053	547	33.4	30.4	0.0	59.1	<10	25g	Not suitable for under 1 year old
Vitaflo®	Vitaflo® Choices Low Protein Mini Crackers	15 X 40g	3	381-5727	444	14.6	6.9	1.6	3	10	40g	Not suitable for under 3 years old

Company	Cereal	Pack Size	No of Units	PIP- code	Calories / 100g	Fat g /100g	Sat fat g /100g	Salt g /100g	Sugar g /100g	Phe mg/100g	Portion Size	Age suitability of product
	Loprofin® Low Protein Breakfast Cereal Flakes - Chocolate Flavour	375g	1	328-5160	374	0.9	0.8	0.2	34	22	28g	Not suitable for under 1 year old
	Loprofin® Low Protein Breakfast Cereal Flakes - Strawberry Flavour	375g	1	328-5152	380	0.7	0.7	0.2	34	8	28g	Not suitable for under 1 year old
	Loprofin® Low Protein Breakfast Cereal Loops	375g	1	266-0140	385	1.1	0.9	0.2	38.9	6.2	28g	Not suitable for under 1 year old

Company	Cereal	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Promin®	Breakfast Bars											
	Promin® Low Protein Breakfast Bars - Cranberry	6 X 40g	1	386-0822	464	20.6	13	0.6	32.6	13.9	40g	Not suitable for under 3 years old
	Promin® Low Protein Breakfast Bars - Banana	6 X 40g	1	386-0814	469	22.7	15	0.6	26.2	16.8	40g	Not suitable for under 3 years old
	Promin® Low Protein Breakfast Bars - Chocolate & Cranberry	6 X 40g	1	386-0855	467	21.1	13.2	0.5	33.5	12.1	40g	Not suitable for under 3 years old
	Promin® Low Protein Breakfast Bars - Apple & Cinnamon	6 X 40g	1	386-0830	487	24.4	15.4	0.5	29.7	25	40g	Not suitable for under 3 years old
	Hot Breakfast											
	Promin® Low Protein Hot Breakfast Powder sachets -Original	6 X 56g	1	317-2509	409	3.9	2.1	0.6	14.4	14	56g	
	Promin® Low Protein Hot Breakfast Powder sachets -Apple & Cinnamon	6 X 57g	1	317-2525	395	2.9	0.9	0.5	15.1	6	57g	
	Promin® Low Protein Hot Breakfast Powder sachets -Chocolate	6 X 57g	1	322-4854	395	2.9	1.5	0.6	17.5	18	57g	
	Promin® Low Protein Hot Breakfast Powder sachets -Banana	6 X 57g	1	317-2533	445	8.8	n/a	n/a	13	13	57g	

Company	Desserts	Pack Size	No of Units	PIP- code	Calories / 100g	Fat g /100g	Sat fat g /100g	Salt g /100g	Sugar g /100g	Phe mg/100g	Portion Size	Age suitability of product
PK Foods®	PK Foods® Low Protein Jelly Mix (Orange mix)	4 X 80g	1.5	280-3724	380	0.1	n/a	n/a	n/a	0	89g	
	PK Foods® Low Protein Jelly Mix (Cherry mix)	4 X 80g	1.5	280-3716	380	0.1	n/a	n/a	n/a	0	89g	
Promin®	Promin® Low Protein Dessert (Chocolate & Banana)	6 X 36.5g	1	327-9767	107	1.4	1.1	0.0	13.1	50	36.5g	
	Promin® Low Protein Dessert (Strawberry & Vanilla)	6 X 36.5g	1	327-9759	109	0.6	0.5	0.0	13.8	4	36.5g	
	Promin® Low Protein Dessert (Custard)	6 X 36.5g	1	341-5031	109	1.3	3.7	0.1	46.5	16	36.5g	
	Promin® Low Protein Dessert (Caramel)	6 X 36.5g	1	341-5049	109	1.4	4.2	0.1	46.1	11	36.5g	
	Rice Pudding											
	Promin® Low Protein Rice Pudding (Original)	4 X 69g	1	324-6873	388	5.8	5.4	n/a	n/a	16	69g	
	Promin® Low Protein Rice Pudding (Apple)	4 x 69g	1	326-3910	381	5.3	4.1	n/a	n/a	16.8	69g	
	Promin® Low Protein Rice Pudding (Banana)	4 X 69g	1	326-3902	390	5.9	5.4	n/a	n/a	15.5	69g	
	Promin® Low Protein Rice Pudding (Strawberry)	4 X 69g	1	326-3928	379	5	4.2	n/a	n/a	25.3	69g	

Company	Flour Mixes & Egg Substitutes	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Ener-G®	Ener-G® Low Protein Egg Replacer	454g	1	032-1737	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
FATE®	Fate® Low Protein All Purpose Mix	500g	1	279-8270	359	0.8	0.04	0.7	6.8	5.2	n/a	
	Fate® Low Protein Cake Mix	2 x 250g	1	279-8288	375	1.3	0.04	0.8	37.8	1.6	n/a	
	Fate® Low Protein Cake Mix (Chocolate)	2 x 250g	1	279-8296	383	2.6	0.22	0.7	33.6	13.2	n/a	
Juvela®	Juvela® Low Protein Mix	500g	1	035-2765	354	0.5	0.5	0.4	2	<15	n/a	
Loprofin®	Loprofin® Low Protein Cake Mix Chocolate Flavoured	500g	1	332-7277	366	1	0.6	0.6	37.9	10	50g	
	Loprofin® Low Protein Mix	500g	1	004-6607	355	0.4	0.2	0.4	5.1	<10		
	Loprofin® Low Protein Egg Replacer	2 X 250g per pack	1	022-8031	331	0.3	0.1	1.4	0.2	<5		
	Loprofin® Low Protein Egg White Replacer	100g tub	1	270-1456	0	0	0	1.0	0	0		
Mevalia®	Mevalia® Low Protein Bread Mix	500g	1	381-9752	347	0.7	0.3	0.1	1.7	20		
	Mevalia® Low Protein Cake Mix	500g	1	381-9745	363	0.4	0.3	0.3	33	13		
PK Foods®	PK Foods® Low Protein Flour Mix	750g	1.5	280-3765	408	8.8	1.1	0.8	5.2	20		
	PK Foods® Low Protein Egg Replacer	350g	1	280-3773	371	0.1	0	1.6	0	20	3g (1 egg)	
Promin®	Promin® Pizza Base Mix	300g	1	386-0806	353	<0.5	<0.1	1.4	<0.1	<31	70g	

Company	Pasta & Rice	Pack Size	No of Units	PIP- code	Calories / 100g	Fat g /100g	Sat fat g /100g	Salt g /100g	Sugar g /100g	Phe mg	Portion Size	Age suitability of product
Loprofin®	Loprofin® Low Protein Imitation Rice	500g	1	232-3376	366	1.3	0.2	0.1	0	14	75g	
	Loprofin® Low Protein Animal Pasta	500g	1	335-6169	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Conchiglie (large shells)	500g	1	328-5178	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Lasagne	250g	0.5	298-1777	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Long Spaghetti	500g	1	211-5251	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Macaroni	250g	0.5	328-5194	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Pasta Spirals (fusilli)	500g	1	331-5058	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Penne	500g	1	331-5041	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Tagliatelle	250g	0.5	328-5202	363	1.2	0.2	0.0	0	12.3	75g	
	Loprofin® Low Protein Vermicelli (soup pasta)	250g	0.5	217-5966	363	1.2	0.2	0.0	0	12.3	75g	
Mevalia®	Mevalia® Low Protein Pasta (Anellini)	250g	0.5	381-7160	345	0.8	0.4	0.1	2.3	28	40g	
	Mevalia® Low Protein Pasta (Fusilli)	500g	1	381-9778	345	0.8	0.4	0.1	2.3	28	80g	
	Mevalia® Low Protein Pasta (Spaghetti)	500g	1	381-7145	345	0.8	0.4	0.1	2.3	28	80g	
	Mevalia® Low Protein Pasta (Ditali)	500g	1	399-1114	351	1.1	0.4	0.08	0.03	23	80g	
	Mevalia® Low Protein Rice Replacer	400g	1	399-1106	343	1.3	0.6	0.05	0.02	25	80g	
	Mevalia® Low Protein Pasta (Penne)	500g	1	381-7152	345	0.8	0.4	0.1	2.3	28	80g	

Company	Pasta & Rice	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Promin®	Promin® Low Protein Alphabets	500g	1	290-7608	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Elbows	500g	1	290-7616	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Flat Noodles	500g	1	287-5466	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Macaroni	500g	1	290-7624	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Shells	500g	1	290-7590	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Short Cut spaghetti	500g	1	356-1587	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Spirals	500g	1	290-7632	353	0.8	0.64	0.1	0.1	8.51	75g	
	Promin® Low Protein Tri-colour Pasta											
	Promin® Low Protein Alphabets	500g	1	240-5140	351	0.8	0.65	0.2	0.1	8.5	75g	
	Promin® Low Protein Elbows	500g	1	240-5132	351	0.8	0.65	0.2	0.1	8.5	75g	
	Promin® Low Protein Shells	500g	1	240-5157	351	0.8	0.65	0.2	0.1	8.5	75g	
	Promin® Low Protein Spirals	500g	1	286-8487	351	0.8	0.65	0.2	0.1	8.5	75g	
	Promin® Low Protein Speciality Pasta											
	Promin® Low Protein Cous Cous	500g	1	290-7640	353	0.8	0.64	0.2	0.1	8.51	75g	
	Promin® Low Protein Lasagne	200g	1	290-7582	353	0.8	0.64	0.2	0.1	8.51	75g	
	Promin® Low Protein Pastameal	500g	1	240-5181	353	0.8	0.64	0.2	0.1	8.51	75g	

Company	Pasta & Rice	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Promin®	Promin® Plus - Low protein pasta with fibre											
	Promin® Plus Low Protein Flat Noodles	500g	1	384-5302	363	0.7	0.6	0.1	0.3	8.01	75g	
	Promin® Plus Low Protein Macaroni	500g	1	384-5310	363	0.7	0.6	0.1	0.3	8.01	75g	
	Promin® Plus Low Protein Spaghetti	500g	1	384-5336	363	0.7	0.6	0.1	0.3	8.01	75g	
	Promin® Plus Low Protein Spirals	500g	1	384-5328	363	0.7	0.6	0.1	0.3	8.01	75g	
	Promin® Imitation Rice											
	Imitation Rice	500g		240-5165	353	0.8	0.64	0.2	0.1	8.51	75g	
Company	Pizza Bases	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Juvela®	Juvela® Low Protein Pizza Bases	360g (2 x180g bases)	1	282-0538	316	6.5	1.4	0.8	5	<18	45g	
Mevalia®	Mevalia® Low Protein Pizza Base (1 base = 1 exchange)	300g (2 x 150g bases)	1	381-7178	263	4.2	2	0.0	4.7	24	150g	

Company	Savoury Meals & Mixes	Pack Size	No of Units	PIP- code	Calories / 100g	Fat g /100g	Sat fat g /100g	Salt g /100g	Sugar g /100g	Phe mg/100g	Portion Size	Age suitability of product
	Mac Pots											
Promin®	Promin® Low Protein Mac Pots (Macaroni Cheese)	4 X 61g	1	377-9865	444	14.7	3.4	1.8	5.2	23	61g	Not suitable for children under 4 years old
	Promin® Low Protein Mac Pots (Tomato macaroni)	4 X 61g	1	377-9873	444	14.1	3.2	1.8	5.2	17.7	61g	Not suitable for children under 4 years old
	Burger Mix (1 sachet = 1 Phe exchange)											
	Promin® Low Protein Burger Mix (Original)	2 X 62g	1	322-4862	404	12.7	8.44	2.0	5.1	80	62g	
	Promin® Low Protein Burger Mix (Lamb & Mint)	2 X 62g	1	341-4927	405	12.7	8.44	2.0	5.1	75	62g	
	Sausage Mix (1 sachet = 1/2 Phe exchange)											
	Promin® Low Protein Sausage Mix (Original)	4 X 30g	1	341-4984	394	11.5	6.6	2.1	5.1	100	30g	
	Promin® Low Protein Sausage Mix (Apple & Sage)	4 X 30g	1	341-4968	394	11.1	7.4	2.4	16.9	70	30g	
Promin® Low Protein Sausage Mix (Tomato & Basil)	4 X 30g	1	341-4950	374	8.2	5.5	2.4	16.9	82	30g		
Mevalia®	Low protein Hamburger Meat substitute	350g	? 3	399-1098	358	6.1	3.5	1.2	6.2	37		

Company	Savoury Meals & Mixes	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Promin®	Pasta in Sauce											
	Promin® Low Protein Pasta in sauce (Tomato, Pepper & Herb) (1 sachet = 1/2 Phe exchange)	4 X 72g	1	290-7665	453	0.5	0.1	4.0	n/a	40.5	72g	
	Promin® Low Protein Pasta in sauce (Cheese & Broccoli) (1 sachet = 1 Phe exchange)	4 X 66g	1	290-7657	373	2.2	0.7	6.0	n/a	91	66g	
	Promin® Low Protein Pasta in sauce (Moroccan) (1 sachet = 1/2 Phe exchange)	4 X 72g	1	327-9734	448	3.1	0.5	3.4	n/a	50	72g	
	Potato Pots											
	Promin® Low Protein Potato Pot (Cabbage, Bacon & Croutons) (1 sachet = 1 exchange)	4 X 50g	1	378-2026	377	5.5	2.9	3.2	2.7	89.3	50g	Not suitable for children under 4 years old
	Promin® Low Protein Potato Pot (Onion & Croutons) (1 sachet = 1 Phe exchange)	4 x 50g	1	378-2000	390	7.2	3.7	3.2	1.5	90.9	50g	Not suitable for children under 4 years old
	Promin® Low Protein Potato Pot (Sausage & Croutons) (1 sachet = 1 Phe exchange)	4 X 50g	1	378-2018	378	5.7	3.1	3.0	1.9	78.4	50g	Not suitable for children under 4 years old
	Soups											
	Promin® Low Protein Soup (Creamy chicken flavour with croutons)	4 X 28g	1	383-7465	372	5.1	2.7	5.6	13.5	16	28g	Not suitable for under 3 years old
Promin® Low Protein Soup (Minestrone flavour with croutons)	4 X 28g	1	383-7481	346	2.8	0.7	5.9	16.3	16	28g	Not suitable for under 3 years old	
Promin® Low Protein Soup (Pea and mint flavour with croutons)	4 X 23g	1	383-7473	384	8.6	4.4	8.3	16.3	16	23g	Not suitable for under 3 years old	

Company	Savoury Meals & Mixes	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Promin®	Promin® Low Protein Soup (Creamy tomato flavour with croutons)	4 X 23g	1	384-5294	384	7.8	3.9	4.8	15.1	16	23g	Not suitable for under 3 years old
	X Pots											
	Promin® Low Protein XPots (All day scramble)	4 X 60g	1	369-3116	443	16.1	3.5	n/a	5	17.8	60g	Not suitable for children under 3 years old
	Promin® Low Protein XPots (Beef & tomato) (1 pot = 1/2 Phe exchange)	4 X 60g	1	369-3108	433	14.8	2.3	n/a	6.1	31	60g	Not suitable for children under 3 years old
	Promin® Low Protein XPots (Chipshop curry)	4 X 60g	1	369-3082	441	15.3	3.3	n/a	6.5	18	60g	Not suitable for children under 3 years old
	Promin® Low Protein XPots (Rogan style curry) (1 pot = 1/2 Phe exchange)	4 X 60g	1	369-3074	430	14.3	2.2	n/a	5.4	32	60g	Not suitable for children under 3 years old
Company	Savoury Meals & Mixes	Pack Size	No of Units	PIP- code	Calories/ 100g	Fat g/100g	Sat fat g/100g	Salt g/100g	Sugar g/100g	Phe mg/100g	Portion Size	Age suitability of product
Taranis®	Taranis® Low Protein Spread (Chocolate & Hazelnut)	230g	1	327-9742	336	17.2	n/a	0.2	n/a	19		
Promin®	Promin® Low Protein Cheese Sauce Mix	225g		383-7457	372	4.2	3	4.0	4	56	30g	Not suitable for under 3 years old

n/a = not available

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