

INFORMATION ON MANUFACTURED FOODS IN THE SUPERMARKET

SOME USEFUL ITEMS JANUARY 2007

WORKING OUT EXCHANGES IN THE SUPERMARKET.

There are some sections in the supermarket where you will find useful foods.

Ready made puddings

Meringue nests and Brandy Snap Baskets have the protein per nest or basket– useful with fruit and sorbet.

Chocolate and Toffee Sauces – good on fruit, ice cream or low protein sponge.

Soup

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

Savoury Spreads and Pate

More vegetable ones now eg mushroom, roasted peppers

Sauces for making up

Look for the easy to prepare hot sauces needing water only. Bisto do a range which are good on vegetables or as pasta toppings or with chips.

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.

Cereal Bars

Several 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.

Visit our web site for more detailed information about supermarket foods at www.nspku.org

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

NUTRITION		
Typical Values	Per 100g	Per Pack
Energy kJ	2200	1100
kcal	525	265
Protein g	3.1	1.6
Carbohydrate g	62.0	31.0
of which sugars g	7.0	3.5
Fat g	29.5	14.8
of which saturates g	13.3	6.7

- 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.
- $100 \div 3.1 = 32.2$
- Round up or down to the nearest 5g
 ≈ 30

So 30g of this food = 1 exchange

The following foods in the weights given provide 1 protein exchange.

SOUP

Batchelor's

Slim Soup
Broccoli and Cauliflower 1 sachet

Baxters

Cream of Mushroom 100
Cream of Tomato 100
Country Garden 145
French Onion 110

Heinz

Tomato 110

Lloyd Grossman

Tomato and Basil 125
Mushroom Potage 110

New Covent Garden

Celeriac, Leek, Horseradish 145

Sainsbury's

Basics Tomato 250

Seeds of Change

Carrot and Coriander 165

Tesco

Healthy Living Soup in Mug

Carrot and Coriander 1 sachet
Chicken Flavour and veg 1 sachet

Waitrose

Soup in a cup
Carrot and Coriander 1 sachet
Tomato and basil 1 sachet
Asparagus 1 sachet

SPREADS and 'CHEESE'

Tesco

Value Chocolate Spread 40g

Princes

Roasted Red Pepper Pate 20

Redwood Co.

Cheezly
White Cheddar Style 30
Red Cheddar Style 30
Garlic and Herb 30
Nacho 30
Cheezly with Cranberry 30
Cheezly with Bacon Style 20
Melting Mozzarella 20
Melting Gouda 20
Melting Edam 20

Tofuti

Creamy Smooth Spread 25
Roasted Garlic Soy-Cheese
Slices ½ slice 1 exchange

DIPS

Doritos

Cool Chive & Sour Cream 55

Old El Paso

Guacamole 45

SAUCE

½ exchange for these sauces

Bisto

Cheese Sauce 50
Chip Shop Curry Sauce 50

Parsley Sauce 75
White Sauce 75

Free & Easy

Cheese Flavour Sauce Mix
Made up 100

Crisps and Snacks

½ exchange for these small bags

Butterskist

Toffee Popcorn 30g bag

Walkers Quavers

Cheese Flavour

Boots

Prawn Spirals

Marks and Spencer

Cheese Curls Potato Snacks

1 exchange for these small bags

KP Skips

Cheese Flavour

Wolf Pom Bears

Plain Flavour

Mini Pringles

Plain Flavour

Boots

Cheese Puffs

Salt & Vinegar Discs

Salted Potato tubes

Lightly Salted Mixed Veg Crisps

Marks and Spencer

Prawn Cocktail Maize Snacks

Rice Cakes and Bread

Kallo

Thick Slice Rice Cakes – 2 cakes = 1 exchange

Ryvita

Multigrain Rice Cakes – 3 cakes = 1 exchange

Puddings and Sauces

Askeys

Brandy Snap Basket = ½ exchange

Waffle Cone 1 cone = 1 exchange

Sainsbury's

Meringue Shell 1 shell = ½ exchange

Tesco

Meringue Nest 1 Nest = ½ exchange
Mini meringues 5 = ½ exchange

Marks and Spencer

Chocolate Dessert Sauce 50
(pouch)

Silver Spoon

Treat Syrup:
Chocolate Flavour 90
Toffee Flavour 65
Dark Chocolate Treat 50

Waitrose

Belgian Chocolate Sauce 50

Ice Cream and Lollies

Tofutti

Strawberry 35
Mango & passion Fruit 35

Swedish Glace

Rich Chocolate 35

Walls

Mini Milk 1 lolly = 1 exchange
Mini Twister 1 Lolly = ½ exchange

Cereal Bars

All 1 exchange per bar

Ryvita Goodness Bars:

Apple and Sultana
Mixed Berry

McVities Go Ahead

Raspberry Bakes
Apple Bakes

Rice Krispie Square

1 Plain Square

Alternative 'Milk' and 'Cream'

Asda

Coffee Whitener (dry) 85

Nestle

Coffee Mate (dry) 40

Oat Supreme

Non Dairy alternative to
Cream 190mls = ½ exchange

CURRENT LEAFLETS AND BOOKLETS

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

Leaflets are available on the following:

For Parents

For Teenagers

Maternal PKU

For Schools

About Alcohol

For GPs

For Employers

Dental Care- leaflet for parents, booklet for children

Granny's Guide

2 The Child with PKU

3 Dietary Treatment for the Untreated Adult PKU

4 Packed Meals for a PKU Diet

5 Travelling with PKU

6 Pictorial Guide to a Low Protein Diet

7 Other leaflets and booklets on other topics concerning phenylketonuria are in the course of discussion or preparation.

