



The National Society for Phenylketonuria (United Kingdom) Ltd.

**Dietary Information for the Treatment of**

**PHENYLKETONURIA**

**Up-dated list of ACBS items**

**JUNE 2010**

There are several deletions and additions to this list.

**June 2010**

**SPECIAL LOW PROTEIN/PHENYLALANINE PRESCRIBABLE PRODUCTS  
ALLOWED FREELY (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 Cookies 150g  
PK Foods Low Protein Cinnamon Cookies 150g

**SHS INTERNATIONAL LTD.**

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

**PASTA**

**GLUTEN FREE FOODS LTD**

PK Foods Low Protein Pasta Spirals 250g

**SHS INTERNATIONAL LTD.**

Loprofin Low Protein Rice 500g  
Loprofin Low Protein Pasta Spirals (Fusilli) 500g  
Loprofin Low Protein Macaroni 250g  
Loprofin Low Protein Penne 500g

Loprofin Low Protein Vermicelli 250g  
Loprofin Low Protein Long Spaghetti 500g  
Loprofin Low Protein Lasagne 250g  
Loprofin Low Protein Tagliatelle 250g  
Loprofin Low Protein Gnocchetti Sardi (small shells) 500g  
Loprofin Low Protein Conchiglie (large Shells) 500g  
Loprofin Low Protein Animal Pasta 500g

Loprofin Low Protein Snack Pot 47g – 8 pots/case  
Flavours: Curry  
Curry Snack Pot 1 pot = ½ exchange

### **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  
All in 500g packs.  
Spirals  
Alphabets  
Elbows

Promin Lasagne Sheets 200g pack

Promin Low Protein Pastameal – 500g  
Promin Low Protein Couscous – 500g pack  
Promin Low Protein Imitation Rice – 500g pack  
\*Promin Pasta in Sauce: Tomato, Pepper and Herb ) 4 sachets in a box  
Cheese and Broccoli ) 1 sachet = 1 exchange  
Pasta in Sauce Moroccan Flavour – 1 sachet = ½ Exchange

Available from: FirstPlay Dietary Foods Ltd., 338, Turncroft Lane, Offerton, Stockport,  
SK1 4BP Tel: 0161-474-7576

### **BREAD, FLOUR and MIXES**

#### **FATE SPECIAL FOODS**

Fate Low Protein All-Purpose Mix 500g  
Fate Low Protein Cake Mix 2x 250g  
Fate Low Protein Chocolate Flavour Cake Mix 2 x 250g  
N.B. 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 550g

PK Foods Low Protein Flour Mix 750g

**SHS INTERNATIONAL LTD.**

Loprofin Low Protein Loaf – sliced and unsliced 400g

Loprofin Bread Low Protein White Rolls 4 rolls in a pack

Loprofin Low Protein Part-Baked Rolls 4 rolls in a pack

Loprofin Low Protein Mix 500g

Loprofin Lemon Cake Mix 500g

Loprofin Low Protein Chocolate Cake Mix 500g

**JUELA**

Juvela Low Protein Loaf sliced and unsliced 400g

Juvela Low Protein Bread Rolls 5 rolls in a pack

Juvela Low Protein Pizza Bases 2 x 180g

Juvela Low Protein Mix 500g

**ULTRAPHARM LTD.**

Ultra PKU Fresh Bread 400g

Ultra PKU Fresh Pizza Base 5 x 80g

(For this bread and pizza base your chemist needs to contact Ultrapharm directly to obtain these products. Not available through wholesalers. Telephone:01491-570000)

**BREAKFAST CEREALS**

**SHS INTERNATIONAL LTD**

Loprofin Low Protein Breakfast Cereal Loops 375g

Loprofin Flakes – Apple Flavour 375g

Loprofin Flakes – Chocolate Flavour 375g

Loprofin Flakes – Strawberry Flavour 375g

**FIRSTPLAY LTD**

Hot Breakfast – Original )  
Apple and Cinnamon Flavour) 6 sachets per box  
Chocolate Flavour )  
Banana Flavour )

**PUDDINGS AND DESSERTS**  
**GLUTEN FREE FOODS LTD**

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

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

**FRISTPLAY DIETARY FOODS LTD**

Promin Low Protein Rice Pudding Mix – Flavours: Original, Apple, Banana, Strawberry  
– 4 sachets per box

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

**SHS INTERNATIONAL LTD**

Loprofin Dessert Mix Vanilla 500g

Loprofin Dessert Mix Strawberry 500g

Loprofin Dessert Mix Chocolate 500g

All above are free if made with Duocal or Calogen but if chocolate flavour is made with Loprofin milk or SnoPro count as ½ exchange per serve.

**MISCELLANEOUS FOODS**

**FIRSTPLAY DIETARY FOODS LTD**

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

\*Promin Low Protein Burger Mix Lamb and Mint Flavour (2x62g sachets)

Count as 1 sachet = 1 Exchange

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

All flavours 1 sachet = ½ Exchange

Promin Low Protein Snax 12x25g bags

4 Flavours: Ready Salted, Salt and Vinegar, Jalapeno and Cheese and Onion

Promin Low Protein Chocolate and Hazelnut Flavour Spread

**FAT and FAT and CARBOHYDRATE PRODUCTS**

**SHS INTERNATIONAL LTD**

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

### **SHS INTERNATIONAL LTD.**

Loprofin Egg Replacer 2 x 250g

Loprofin Egg White Replacer 100g

### **PROTEIN FREE HIGH ENERGY BAR**

#### **SHS INTERNATIONAL LTD.**

Duobar available in Neutral, Toffee and Strawberry 8 x 45g bars

Loprofin Low Protein Crunch Bar 8 x 41g

#### **VITAFLO INTERNATIONAL LTD.**

Vitabite 7 x 25g bars per box

**LOW PROTEIN DRINKS - \* These products contain some phenylalanine. Check with your dietitian how much of these drinks you can have.**

#### **MILUPA**

\*Milupa lpd 400g

250ml = half an exchange when made as instructions

#### **SHS INTERNATIONAL LTD.**

\*Loprofin PKU Long Life Milk Drink 200ml cartons

Contains approx. half an exchange per carton

\*Sno-Pro Drink 200ml cartons

Contains half an exchange per carton.

#### **VITAFLO LTD**

ProZero Protein Free Drink 250ml and 1 litre cartons

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

Useful if there is a query.

<b>Fate Special Foods</b>	01215-224433
<b>General Dietary Ltd</b>	0208-336-2323
<b>Gluten Free Foods</b>	0208-953-4444
<b>SHS/Nutricia</b>	0151-228-8161
<b>Ultraparm Ltd</b>	0845-2701200
<b>Vitaflo Ltd</b>	0800-515174
<b>Juvela</b>	0151-432-5300