

Low Protein Food Formulary

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

Bread & Rolls

- Juvela® Low Protein Bread Rolls
 - Juvela® Low Protein Loaf (Sliced)
 - Loprofin® Low Protein Part Baked Loaf Sliced
 - Mevalia® Low Protein Ciabattine (Brown rolls)
 - Mevalia® Low Protein Pan Carre
 - Mevalia® Low Protein Pan Rustico (Brown sliced)
 - Mevalia® Mini Baguette
 - Promin® Low Protein Fresh Baked Bread Buns
 - Promin® Low Protein Fresh Baked Sliced Bread
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Cakes, Biscuits & Snacks

- Loprofin® Low Protein Crackers
 - Mevalia® Chocotino bars
 - Mevalia® Low Protein Frollini Biscuits
 - Mevalia® Low Protein Fruit Bar
 - PK Foods® Aminex Low Protein Rusks
 - Promin® Low Protein Breakfast Bars
 - Promin® Low Protein Croutons
 - Promin® Low Protein 'Snax'
 - Taranis® Low Protein biscuits with Caramel Shards
 - Taranis® Low Protein Cake Bar
 - Taranis® Low Protein Choc Chip Biscuits
 - Taranis® Low Protein Rusks/ French Toast
 - Taranis® Low Protein Shortbread Biscuits
 - Vita Bite® bar
 - Vitaflo® Choices Low Protein Mini Crackers
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Cereals

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

- Promin® Low Protein Dessert
 - Promin® Low Protein Imitation Rice Pudding
 - Taranis® Low Protein Pause Dessert
 - YoguMaxx Low Protein instant powder (yoghurt substitute)
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Flour Mixes & Egg Substitutes

- Fate® Low Protein All Purpose Mix
 - Fate® Low Protein Cake Mix
 - Juvela® Low Protein Mix
 - Loprofin® Low Protein Egg Replacer
 - Loprofin® Low Protein Egg White Replacer
 - Loprofin® Low Protein Mix
 - Mevalia® Low Protein Bread Mix
 - Taranis® Low protein Natural Cake Mix
 - Taranis® Low protein Pancakes and Waffles mix
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Pasta & Rice

- Loprofin® Low Protein Pasta
 - Loprofin® Low Protein Rice
 - Mevalia® Low Protein Pasta
 - Mevalia® Low Protein Rice Replacer
 - Promin® Low Protein Imitation Rice
 - Promin® Low Protein Pasta
 - Promin® Plus Low Protein Pasta
 - Taranis® Low Protein Risotto Substitute
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Pizza Bases

- Juvela® Low Protein Pizza Bases
 - Mevalia® Low Protein Pizza Base
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Savoury Meals & Mixes

- Pots Mevalia® Low Protein Burger Mix
 - Promin® Low Protein Burger and Sausage Mixes
 - Promin® Low Protein Cheese Sauce Mix
 - Promin® Low Protein Mac Pots
 - Promin® Low Protein Pasta in Sauce
 - Promin® Low Protein Potato Cake Mix
 - Promin® Low Protein Potato Pots
 - Promin® Low Protein Soup With Croutons Oral Powder
 - Promin® Low Protein X Pots
 - Taranis® Low Protein Fish Substitute
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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.

For Formulary enquiries please phone 0141 201 6012 or email presupdiet@ggc.scot.nhs.uk Approved by Therapeutics Sub Committee of ADTC March 2018 – Review March 2020 (Amended November 2019)

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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	Colour coding for units
Pasta/Rice	1 box (500g)	Green
Pasta pots/Pasta in sauce/Potato Pots	300g	Amber
Flour mix/Cake mix	1 packet (500g)	Green
Bread/Bread Rolls	600g-800g	Green
Pizza bases/pizza base mixes	2 pizza bases (300g)	Green
Crackers/Crispbread/Mini crackers/Croutons/Crostini/Savoury snacks	200g	Amber
Sausage/Burger mixes	4 sachets (125g dry powder)	Amber
Cheese sauce mix	1 pack (225g dry powder)	Red
Soup	4 sachets (112g dry powder)	Red
Breakfast cereals	375g	Amber
Egg replacer/Egg white replacer	1 tub	Green
Biscuits	1 packet (150g)	Red
Cakes/Breakfast bars/Dessert mixes	240g	Red
Energy bars (Vitabite / Chocotino)	175g	Red

Recommended maximum number of units of low protein foods for each age group: Patients would be advised to include no more than 2 units of the low protein confectionary bars per month in their prescription requests

Age of patient with PKU	Recommended maximum number of low protein items to prescribe each month	Suggested Distribution of units		
		Green	Amber	Red
4months – 3 years	15 units	8 -10	3 - 5	1 - 3
4-6 years	25 units	10 -15	5 - 8	3 - 5
7-10 years	30units	15 - 18	8 - 10	5 - 8
11-18 years	50 units	25 - 30	15 - 20	5 - 8
Adults	50 units	25 - 30	15 - 20	5 - 8
Pre-pregnancy/Pregnancy	50 units	25 - 30	15 - 20	5 - 8

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 the Royal Hospital for Children on 0141 452 6451. **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 Paediatric Nutrition Formulary and the NHSGGC Metabolic Product Formulary [GGC Medicines : Non-medicines formularies](#)

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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
Juvela®	Juvela® Low Protein Bread Rolls	350g (5 per pack)	0.5	206-3485	255	5.3	1.8	0.6	4.3	<15	70g	
	Juvela® Low Protein Loaf (Sliced)	400g	0.5	092-3961	243	2.7	0.6	0.7	4.3	<15	30g	
Loprofin®	Loprofin® Low Protein Part-Baked Loaf (sliced)	400g	0.5	361-6075	259	5	0.7	0.4	4	<10	20g	
Mevalia®	Mevalia® 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	
	Mevalia® Low Protein Mini Baguette	2 x 100g	0.5	402-8940	229	3.6	1.7	0.37	2.6	23	100g	
	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	
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	
	Promin Low Protein Fresh Baked Sliced Brown Bread	4 x 400g	4	408-5528	266	4.6	0.6	0.74	2.2	11.8	32g	
	Promin Low Protein Fresh Baked Bread Buns	6 x 75g	1.0	405-6537	257	4.3	0.3	0.62	1.4	15.5	75g	

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
Loprofin®	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 Frollini Biscuits (plain biscuits)	200	1	382-0594	476	15	7.3	0.1	16	27	7g	Not suitable for under 1 year old
	Mevalia® Chocotino bars	100g (4 x25g)	1	405-7592	583	42	25	0.01	43	14	25g	Not suitable for under 1 year old
	Mevalia® Low Protein Fruit Bar	125g (5 x 25g)	1	402-8957	424	14	7.0	0.33	38	16	25g	Not suitable for under 1 year old
PK Foods®	PK Foods® AMINEX Low Protein Rusks	200g	1	216-0190	443	13.4	n/a	0.1	n/a	9	5g	

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	
Promin®	Breakfast Bars Promin® Low Protein Breakfast Bars - Apple & Cinnamon	6 x 40g	1	386-0830	487	24.5	15.4	0.5	29.7	25	40g	Not suitable for under 4 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 - 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 SNAX (Fried Maize and Potato starch 'SNAX') - Cheese & Onion, Salt & Vinegar, Ready Salted and Jalpeno (see below)	Mixed Box 4 x 3 x 25g (300g)	1.5	356-1586									
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Cheese & Onion,				369	21.8	2.0	4.6	0.4	20.5	25g		
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Salt & Vinegar				458	16	2.3	1.1	0.4	12.8	25g		
	Promin® Low Protein Fried Maize and Potato starch 'SNAX' Ready salted				465	16.6	2.3	4.2	0.4	7.7	25g		
Promin® Low Protein Fried Maize and Potato starch 'SNAX' Jalepeno				457	16.1	2.3	1.5	0.4	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 Biscuits with Caramel Shards	130g (4 x 32.5g)	1	401-5731	483	18.2	8.5	0.02	15.8	8.1	32.5g	Not suitable for under 3 years old
	Taranis® Low Protein Cake Bar (Apricot)	6 x 40g	1	357-9471	362	12.8	6.7	0.8	27	5.5	40g	Not suitable for under 3 years old
	Taranis® Low Protein Cake Bar (Pear)	6 x 40g	1	357-9448	362	12.8	6.7	0.8	27		40g	Not suitable for under 3 years old
	Taranis® Low Protein Lemon cake	6 x 40g	1	341-5064	400	16.6	7.6	0.8	33.5	5.5	40g	Not suitable for under 3 years old
	Taranis® Low Protein Chocolate Chip Biscuits	120g (4x30g)	1	401-5764	491	20.4	9.9	0.5	16.4	20	30g	Not suitable for under 3 years old
	Taranis® Low Protein Rusks/ French Toast	250g (4x62.5g)	1	401-5723	413	10.0	5.6	0.06	5.2	30	62.5g	Not suitable for under 3 years old
	Taranis® Low Protein Shortbread Biscuits	120g (4 x30g)	1	401-5749	484	19.1	9.0	0.02	14.9	9.4	30g	Not suitable for under 3 years old
	Taranis® Low Protein Raspberry Shortbread Biscuits	120g (4 x30g)	1	401-5756	476	18.6	9.1	0.02	16.7	9.4	30g	Not suitable for under 3 years old
Vitabite®	Vitabite® 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
Mevalia®	Mevalia® Chocotino bars	100g (4 x25g)	1	405-7592	583	42	25	0.01	43	14	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®	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
	Hot Breakfast											
Promin®	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 -Banana	6 x 57g	1	317-2533	445	8.8	2.9	2.1	19.1	13	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	

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
	Promin® Low Protein Dessert (Caramel)	6 x 36.5g	1	341-5049	109	1.4	4.2	0.1	46.1	11	36.5g	
	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®	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 (Strawberry & Vanilla)	6 x 36.5g	1	327-9759	109	0.6	0.5	0.0	13.8	4	36.5g	
	Rice Pudding											
	Promin® Low Protein Imitation Rice Pudding (Original)	4 X 69g	1	324-6873	388	5.8	5.4	0.35	26.1	16	69g	
	Promin® Low Protein Imitation Rice Pudding (Apple)	4 x 69g	1	326-3910	381	5.3	4.1	0.35	16.8	16.8	69g	
	Promin® Low Protein Imitation Rice Pudding (Banana)	4 X 69g	1	326-3902	390	5.9	5.4	0.34	15.5	15.5	69g	
	Promin® Low Protein Imitation Rice Pudding (Strawberry)	4 X 69g	1	326-3928	379	5	4.2	0.35	27.3	25.3	69g	
Taranis®	Taranis® Low Protein Pause Dessert – Caramel Flavour	500g (4 x 125g)	1	401-7687	181	8.2	0.8	0.06	12.5	0	125g	Not suitable for under 3 years old
	Taranis® Pause Low Protein Dessert – Strawberry flavour	500g (4 x 125g)	1	401-7679	181	8.1	0.6	0.07	11.7	0	125g	Not suitable for under 3 years old
	YoguMaxx Low Protein instant powder (yoghurt substitute)	400g tub	1	407-4159	422	18	4.0	0.8	5.0	16	17g	

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
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 - Plain	2 x 250g	1	279-8288	383	2.6	n/a	0.3	n/a	13.2	n/a	
	Fate® Low Protein Cake Mix - Chocolate	2 x 250g	1	279-8296	383	2.6	n/a	0.3	n/a	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 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		
	Loprofin® Low Protein Mix	500g	1	004-6607	355	0.4	0.2	0.4	5.1	<10		
Mevalia®	Mevalia® Low Protein Bread Mix	500g	1	381-9752	347	0.7	0.3	0.1	1.7	20		
Taranis®	Taranis® Low Protein Natural Cake Mix	300g	1	403-4963	366	1.3	0.9	0.74	47.9	<10	n/a	
Taranis®	Taranis® Low Protein Pancakes and Waffles Mix	300g	1	403-5085	353	0.4	<0.1	0.2	14.0	22	25g	

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 Animal Pasta	500g	1	335-6169	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 Rice	500g	1	232-3376	366	1.3	0.2	0.1	0	14	75g	
	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 Pasta (Penne)	500g	1	381-7152	345	0.8	0.4	0.1	2.3	28	80g	
	Mevalia® Low Protein Rice Replacer	400g	1	399-1106	343	1.3	0.6	0.05	0.02	25	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® Imitation Rice	500g	1	240-5165	353	0.8	0.64	0.2	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 Pasta Alphabets	500g	1	290-7608	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	
Taranis®	Taranis® Low protein Rissotto Substitute	1200g (4 x 300g pots)	1	407-1965	432	5.0	1.3	0.7	<0.2	5.6	300g	
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
Mevalia®	Mevalia® Low Protein Pizza Base	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
Mevalia®	Low Protein Burger Mix	350g	3	399-1098	358	6.1	3.5	1.2	6.2	37		
Promin®	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	
	Promin® Low Protein Cheese Sauce Mix	225g	1	383-7457	372	4.2	3	4.0	4	56	30g	Not suitable for under 3 years old
	Mac Pots											
	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	

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 (Cheese & Broccoli) (1 sachet = 1 Phe exchange)	4 X 66g	1	290-7657	373	2.2	0.7	6.0	0.4	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	4.9	50	72g	
	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	3.7	40.5	72g	
	Potato Cake Mix											
	Promin® Low Protein Potato Cake Mix	300g	3	395-0292	697	3.7	0.48	0.6	0.6	46.3	50g	
	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 (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	

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® 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
Promin®	X Pots											
	Promin® Low Protein XPots (All day scramble)	4 x 60g	1	369-3116	443	16.1	3.5	3.6	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	4.3	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	2.9	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	3.4	5.4	32	60g	Not suitable for children under 3 years old
Taranis®	Taranis® Low Protein Fish Substitute	4 x 62g = 248g	1	401-7695	360	0.4	0.1	5.9	2.9	100	30g	

n/a = not available

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