Low Protein Ice Cream



Ben and Jerry



Non Dairy Bohemian Raspberry 100ml= 1 exchange

Carte D'or





Madagasgan Vanilla/ Delightful Strawberry 100ml= 1 exchange







Salted Caramel/ Strawberry Sundae/ Chocolate Sundae 100ml= 1 ½ exchanges

Cornetto







Gluten Free Vegan 1= 1 exchange Classico/ Mint 1= 1 ½ exchanges

Updated June 2026. Always check the label as ingredients can change

Dunnes











Fruit juice Orange Splits/ Dairy Choc Ices 1= 1 exchange
Chocolate Wafer Ice Creams/ Tropical Ice Pop 1= 1 ½ exchanges
Strawberry & Lemon Cones 1 = 2 exchanges

Magnum









Vegan Classic/ Vegan Raspberry Swirl 1= 1 exchange Mini Classic 1= 1 ½ exchanges
Vegan Almond 1 = 2 exchanges

Solero









Exotic/Berry Bliss/ Orange Burst/ Strawberry Twistl 1= 1 exchange

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Supervalu













Ice Cream Swirls 1 = ½ exchange
Fruit Split 1= 1 exchange Raspberry & White Chocolate 100ml = 1 exchange
Daily Basics Strawberry & Vanilla Cones 1= 1 ½ exchanges
Daily Basics Chocolate & Nut Cones 1 = 2 exchanges

Swedish Glace





Smooth Vanilla/ Delightful Raspberry 100ml = ½ exchange

Tesco









Fruit Splits/ Tropical Ice Cream/ Milk Choc Ices 1= 1 exchange
Milk Chocolate Ice Cream 1= 1 ½ exchanges

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