Low Protein Yoghurt

Koko

Available at Dunnes Stores, Supervalu and health food shops







Koko Plain (400g pot) **100g = ½ exchange**

Koko Vanilla (400g pot)**/ Koko Greek Style** (400g pot) **100g = 1 exchange**







Koko Strawberry/ Koko Peach and Passionfruit **125g pot = ½ exchange**

Koko Raspberry **125g pot = 1 exchange**

Petits Filous

Available in Tesco and Supervalu



Dairy Free Petits Filous Raspberry **95g pot = 1½ exchanges**

Updated June 2025
Information correct at time of printing. Always check the label as ingredients can change

The Coconut Collaborative

Available in Supervalu and Tesco



The Coconut Collaborative Gut Health/ The Coconut Collaborative Raspberry (350g pot) **100g = ½ exchange, 200g = 1½ exchanges**

The Coconut Collaborative Vanilla / The Coconut Collaborative Natural (350g pot) **100g = 1 exchanges**

Marks and Spencer



Plant Kitchen Creamy Coconut Natural (350g pot) **100g = 1 exchange**

Plant Kitchen Creamy Coconut Vanilla (350g pot) **100g = 1 exchange, 200g = 2½ exchanges**

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Abbot Kinney's

Available online through websites such as greenearthorganics.ie and in some health food shops





Coco Daily Natural (350g pot) **100g = 1 exchange**

Coco Original Raspberry (350g pot) **100g = 1 exchange**

Coyo

Available at Dunnes Stores and in some health food shops





Coyo Vanilla/ Coyo Strawberry **125g pot = 2 exchanges**

Cocos

Available at Dunnes Stores and in some health food shops



Cocos Organic Natural (250g or 400g pot) **100g = 2 exchanges**

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