

# TARANiS

## RANGE BOOKLET

### LOW PROTEIN PRODUCTS

HOW VARIETY AND FLAVOUR CAN MAKE  
YOUR DIET A SUCCESS



- 40 YEARS OF NUTRITIONAL EXPERTISE -  
DOCUMENT FOR HEALTH PROFESSIONALS ONLY



SWEET



Lemon flavoured CAKES  
Apricot flavoured CAKES  
Pear flavoured CAKES



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free cake to replace ordinary cakes.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product	For 1 portion (40 g)
<b>ENERGY VALUE</b>	<b>1 562 kJ (372 kcal)</b>	<b>625 kJ (149 kcal)</b>
<b>Fat</b>	<b>15.2 g</b>	<b>6.1 g</b>
Of which saturates	7.6 g	3.0 g
<b>Carbohydrate</b>	<b>58.0 g</b>	<b>23.2 g</b>
Of which sugars	27.1 g	10.8 g
<b>Fibre</b>	<b>1.3 g</b>	<b>0.5 g</b>
<b>Protein</b>	<b>0.2 g</b>	<b>0.1 g</b>
Of which phenylalanine	5.5 mg	2.2 mg
Methionine	4.5 mg	1.8 mg
Leucine	12.0 mg	4.8 mg
Threonine	5.4 mg	2.2 mg
Isoleucine	5.2 mg	2.1 mg
Lysine	3.0 mg	1.2 mg
Valine	7.3 mg	2.9 mg
Cystine	3.6 mg	1.4 mg
Tyrosine	3.8 mg	1.5 mg
Arginine	7.5 mg	3.0 mg
<b>Salt</b>	<b>0.73 g</b>	<b>0.29 g</b>
<b>Minerals</b>		
Sodium	290 mg (12.6 mmol)	116 mg (5.0 mmol)
Potassium	23.8 mg (0.61 mmol)	9.5 mg (0.24 mmol)
Chloride	140 mg (3.9 mmol)	56.0 mg (1.6 mmol)
Calcium	19.0 mg (0.48 mmol)	7.6 mg (0.19 mmol)
Phosphorus	160 mg (1.7 mmol PO <sub>4</sub> )	64.0 mg (0.67 mmol PO <sub>4</sub> )
Magnesium	4.0 mg (0.17 mmol)	1.6 mg (0.07 mmol)

**INGREDIENTS LEMON FLAVOURED CAKE:** Potato starch, sugar, non-hydrogenated palm oil, dextrose, water, corn starch, stabiliser, (glycerol), thickeners (carob seed flour, xanthan gum), emulsifiers (mono and diglycerides of fatty acids, rapeseed lecithin), raising agent (disodium diphosphate, sodium acid carbonate, monocalcium phosphate), flavour (contains alcohol), salt, natural lemon flavour (0.2%). Possible traces of *milk, eggs* and *nuts*.

Gluten free

**INGREDIENTS APRICOT FLAVOURED CAKE:** Potato starch, sugar, non-hydrogenated palm oil, dextrose, water, corn starch, stabiliser (glycerol), thickeners (carob seed flour, xanthan gum), emulsifiers (mono and diglycerides of fatty acids, rapeseed lecithin), raising agent (disodium diphosphate, sodium acid carbonate, monocalcium phosphate), flavours (contains alcohol), salt. Possible traces of *milk, eggs* and *nuts*.

Gluten free

**INGREDIENTS PEAR FLAVOURED CAKE:** Potato starch, sugar, non-hydrogenated palm oil, dextrose, water, corn starch, stabiliser (glycerol), thickeners (carob seed flour, xanthan gum), emulsifiers (mono and diglycerides of fatty acids, rapeseed lecithin), raising agent (disodium diphosphate, sodium acid carbonate, monocalcium phosphate), flavours (contains alcohol), salt. Possible traces of *milk, eggs* and *nuts*.

Gluten free

**CONSERVATION:** Keep in a cool and dry place. **Shelf life:** 10 months after the date of manufacture. Consume within 24 hours after opening the sachet.

**PACKAGING:** 240g box (6 x 40g individually wrapped cakes).

**USE:** As a replacement for ordinary cakes. With their soft texture and great taste, these little cakes will delight young and old alike.



SWEET

RASPBERRY BISCUITS

ORGANIC



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary biscuits.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>2 047 kJ (487 kcal)</b>
<b>Fat</b>	<b>19.0 g</b>
Of which saturates	9.0 g
<b>Carbohydrate</b>	<b>78.0 g</b>
Of which sugars	18.0 g
<b>Fibre</b>	<b>1.0 g</b>
<b>Protein</b>	<b>0.6 g</b>
Of which phenylalanine	9.0 mg
Methionine	6.0 mg
Leucine	19.0 mg
Threonine	9.0 mg
Isoleucine	8.0 mg
Lysine	5.0 mg
Valine	12.2 mg
Cystine	< 4.0 mg
Tyrosine	7.0 mg
Arginine	8.8 mg
<b>Salt</b>	<b>0.02 g</b>
<b>Minerals</b>	
Sodium	8.0 mg (0.30 mmol)
Potassium	24.0 mg (0.60 mmol)
Chloride	<50.0 mg (1.4 mmol)
Calcium	12.3 mg (0.30 mmol)
Phosphorus	22.5 mg (0.20 mmol PO <sub>4</sub> )
Magnesium	6.7 mg (0.30 mmol)

**INGREDIENTS:** Corn starches\*, palm oil\*, sugar\*, glucose syrup\*, natural raspberry flavour\*, emulsifier (sunflower lecithin\*), cane sugar\*, raspberries\* (0.32%), caramel\* (sugar\*, water), raising agent (ammonium carbonate). May contain **nuts, eggs, milk**.

\*Ingredients resulting from organic farming.

Gluten free

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 14 months after the date of manufacture. Consume within 24 hours after opening the sachet.

**PACKAGING:** 120 g box (4 sachets of 4 biscuits).

**USE:** To replace ordinary biscuits.

CHOCOLATE CHIP BISCUITS

ORGANIC



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary biscuits.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>2 078 kJ (495 kcal)</b>
<b>Fat</b>	<b>20.0 g</b>
Of which saturates	9.5 g
<b>Carbohydrate</b>	<b>78.0 g</b>
Of which sugars	18.0 g
<b>Protein</b>	<b>0.7 g</b>
Of which phenylalanine	20.0 mg
Methionine	12.0 mg
Leucine	34.0 mg
Threonine	14.5 mg
Isoleucine	15.5 mg
Lysine	13.0 mg
Valine	24.0 mg
Cystine	17.5 mg
Tyrosine	12.5 mg
Arginine	21.0 mg
<b>Salt</b>	<b>0.02 g</b>
<b>Minerals</b>	
Sodium	8.0 mg (0.30 mmol)
Potassium	36.0 mg (0.90 mmol)
Chloride	<50.0 mg (1.4 mmol)
Calcium	12.3 mg (0.30 mmol)
Phosphorus	30.0 mg (0.30 mmol PO <sub>4</sub> )
Magnesium	12.0 mg (0.50 mmol)

**INGREDIENTS:** Corn starches\*, palm oil\*, sugar\*, glucose syrup\*, dark chocolate chips\* (4.1%) (cane sugar\*, cocoa mass\*, cocoa butter\*), vanilla extract\*, emulsifier (sunflower lecithin\*), caramel\* (sugar\*, water), raising agent (ammonium carbonate). May contain **nuts, eggs, milk**.

\*Ingredients resulting from organic farming.

Gluten free

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 14 months after the date of manufacture. Consume within 24 hours after opening the sachet.

**PACKAGING:** 120 g box (4 sachets of 4 biscuits).

**USE:** To replace ordinary biscuits.



SWEET

BISCUITS WITH  
CARAMEL SHARDS

ORGANIC



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary biscuits.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>2 033 kJ (484 kcal)</b>
<b>Fat</b>	<b>18.0 g</b>
Of which saturates	8.5 g
<b>Carbohydrate</b>	<b>80.0 g</b>
Of which sugars	19.5 g
<b>Protein</b>	<b>0.4 g</b>
Of which phenylalanine	11.0 mg
Methionine	7.0 mg
Leucine	23.0 mg
Threonine	8.0 mg
Isoleucine	8.6 mg
Lysine	5.0 mg
Valine	12.6 mg
Cystine	< 4.0 mg
Tyrosine	7.0 mg
Arginine	8.0 mg
<b>Salt</b>	<b>0.03 g</b>
<b>Minerals</b>	
Sodium	11.0 mg (0.50 mmol)
Potassium	17.0 mg (0.40 mmol)
Chloride	50.0 mg (1.4 mmol)
Calcium	12.3 mg (0.30 mmol)
Phosphorus	22.5 mg (0.20 mmol PO <sub>4</sub> )
Magnesium	6.7 mg (0.30 mmol)

**INGREDIENTS:** Corn starches\*, palm oil\*, sugar\*, glucose syrup\*, caramel shards\* (3%) (sugar\*, glucose syrup\*, cream\* (milk), butter\* (milk), water, salt), natural caramel flavour\*, emulsifier (sunflower lecithin\*), caramel\* (sugar\*, water), raising agent (ammonium carbonate). May contain *nuts, eggs*.

\*Ingredients resulting from organic farming.

Gluten free

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 14 months after the date of manufacture. Consume within 24 hours after opening the sachet.

**PACKAGING:** 120 g box (4 sachets of 4 biscuits).

**USE:** To replace ordinary biscuits.

CERECAL PLUS  
Vanilla flavour  
Strawberry flavour



**DESCRIPTION:** Food for special medical purposes. Instant, low protein and gluten free preparation, intended to replace cereal-based preparation for infants from 4 months and young children. **2 flavours:** vanilla and strawberry.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>1 622 kJ (382 kcal)</b>
<b>Fat</b>	<b>&lt; 0.5 g</b>
Of which saturates	< 0.1 g
<b>Carbohydrate</b>	<b>95.0 g</b>
Of which sugars	4.2 g
<b>Fibre</b>	<b>0.5 g</b>
<b>Protein</b>	<b>0.2 g</b>
Of which phenylalanine	< 4.0 mg
Methionine	< 4.0 mg
Leucine	4.2 mg
Threonine	< 4.0 mg
Isoleucine	< 4.0 mg
Lysine	< 4.0 mg
Valine	4.0 mg
Cystine	< 4.0 mg
Tyrosine	< 4.0 mg
Arginine	< 4.0 mg
<b>Salt</b>	<b>0.04 g</b>
<b>Minerals</b>	
Sodium	14.8 mg (0.64 mmol)
Potassium	12.0 mg (0.31 mmol)
Chloride	20.0 mg (0.6 mmol)
Calcium	18.0 mg (0.45 mmol)
Phosphorus	3.6 mg (0.04 mmol PO <sub>4</sub> )
Magnesium	3.4 mg (0.14 mmol)

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for infants under 4 months old. Not for parenteral use.

**INGREDIENTS: Cerecal Plus, vanilla flavour:** Maltodextrin, corn starch, natural vanilla flavour with other natural flavours.

Gluten free

**Cerecal Plus, strawberry flavour:** Maltodextrin, corn starch, natural strawberry flavour with other natural flavours.

Gluten free

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 24 months after the date of manufacture. Close the box tightly after use. Once opened, the content has to be used within 6 weeks.

**PACKAGING:** 400 g tin.

**USE:** You can prepare Cerecal Plus to your preferred consistency, either as liquid for a feeding bottle or thicker to be eaten with a spoon. This product does not need any heating. 1 teaspoon = 4 g. **To prepare a feeding bottle:** pour a teaspoon of Cerecal Plus into the feeding bottle of liquid, shake and it's ready. **To prepare a thick dessert:** sprinkle 3 teaspoons (or more) of Cerecal Plus on the hot liquid, stir and it's ready. The desired consistency can be obtained by adjusting the quantity of Cerecal Plus.



# SAVOURY

## SHORT SPAGHETTI, CORNETTI, MACARONI, COUSCOUS, SEMOLINA



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary pastas, couscous and semolina.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

**INGREDIENTS:** Corn starches, modified potato starch, emulsifier (E471), stabiliser (E461), antioxidant (E300), colour (E160a(iv)).

**Gluten free**

**CONSERVATION:** Keep in a cool and dry place. **Shelf life:** 24 months after the date of manufacture.

**PACKAGING:** 500 g sachet.

**COOKING:** **Short spaghetti, Cornetti, Macaroni:** 8 minutes in lightly salted boiling water. **Couscous:** 45 minutes to 1 hour in a couscous maker or 5 minutes in lightly salted boiling water. **Semolina:** Pour 1 part of semolina into 2.5 parts of boiling liquid, stir, remove from heat. Pour into a ramekin.

**RECIPE: Fried gnocchi**

**Ingredients:**

- 30 g semolina
- 30 g bread and pastry mix
- 340 ml water
- salt, oil

Pour the semolina into the boiling salted water. Cook for 2 to 3 minutes. Remove from heat and let cool. Add the low-protein flour and mix until you obtain a homogeneous dough. Roll out the dough and make sticks of about 2 cm, pinch them between your fingers to make gnocchi. Heat some oil in a pan, dip the gnocchi in it and fry the gnocchi in it until golden brown.

## RICE SUBSTITUTE



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary rice.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION		For 100 g of product
ENERGY VALUE	1518 kJ (358 kcal)	
<b>Fat</b>	<b>0.9 g</b>	
Of which saturates	0.6 g	
<b>Carbohydrate</b>	<b>87.0 g</b>	
Of which sugars	< 0.02 g	
<b>Fibre</b>	<b>&lt; 0.5 g</b>	
<b>Protein</b>	<b>0.1 g</b>	
Of which phenylalanine	14.2 mg	
Methionine	8.5 mg	
Leucine	30.6 mg	
Threonine	10.1 mg	
Isoleucine	11.5 mg	
Lysine	13.0 mg	
Valine	15.7 mg	
Cystine	5.7 mg	
Tyrosine	8.0 mg	
Arginine	12.4 mg	
<b>Salt</b>	<b>0.15 g</b>	
<b>Minerals</b>		
Sodium	58.9 mg (2.6 mmol)	
Potassium	4.6 mg (0.12 mmol)	
Chloride	<50.0 mg (<1.4 mmol)	
Calcium	17.8 mg (0.45 mmol)	
Phosphorus	24.8 mg (0.26 mmol PO <sub>4</sub> )	
Magnesium	<2.0 mg (<0.08 mmol)	

**INGREDIENTS:** Corn starches, modified potato starch, emulsifier (E471), stabiliser (E461), antioxidant (E300), colour (E160a(iv)).

**Gluten free**

**CONSERVATION:** Keep in a cool and dry place. **Shelf life:** 24 months after the date of manufacture.

**PACKAGING:** 500 g sachet.

**COOKING:** 8 minutes in lightly salted boiling water.



# CULINARY AIDS

## BREAD AND PASTRY MIX



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary flour.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>1 582 kJ (373 kcal)</b>
<b>Fat</b>	<b>1.4 g</b>
Of which saturates	0.7 g
<b>Carbohydrate</b>	<b>88.7 g</b>
Of which sugars	3.2 g
<b>Fibre</b>	<b>1.9 g</b>
<b>Protein</b>	<b>0.4 g</b>
Of which phenylalanine	20.0 mg
Methionine	10.0 mg
Leucine	30.0 mg
Threonine	20.0 mg
Isoleucine	10.0 mg
Lysine	10.0 mg
Valine	20.0 mg
Cystine	10.0 mg
Tyrosine	20.0 mg
Arginine	20.0 mg
<b>Salt</b>	<b>0.03 g</b>
<b>Minerals</b>	
Sodium	12.2 mg (0.53 mmol)
Potassium	14.2 mg (0.36 mmol)
Chloride	90.0 mg (2.5 mmol)
Calcium	11.1 mg (0.28 mmol)
Phosphorus	15.0 mg (0.16 mmol PO <sub>4</sub> )
Magnesium	4.5 mg (0.19 mmol)

**INGREDIENTS:** **Mix:** Corn starch, glucose syrup, thickeners (methylcellulose hydroxypropyl, guar gum, carob seed flour), stabiliser (sorbitol), sugar, emulsifier (mono and diglycerides of fatty acids). **Yeast:** dry baker's yeast (*Saccharomyces cerevisiae*), emulsifier (E491).

**Gluten free**

**CONSERVATION:** Keep in a cool and dry place. **Shelf life:** 18 months after the date of manufacture. Consume within 2 months after opening the sachet.

**PACKAGING:** 1 kg box (2 sachets of 500 g) + 2 sachets of yeast (8 g).

**USE: For 2 loaves**

**Ingredients:**

- 500g (18 oz) Bread and Pastry Mix
- 10g (2 tsp) salt
- 40g (2 oz) oil
- 8g yeast (supplied with mix)
- 600ml (21 fl oz) lukewarm water.

**Preparation:** In a large bowl, mix (by hand or with an electric mixer on medium speed) the Mix with the oil and salt. Melt the yeast in water and add to the mixture. Add the water. Mix for at least 20 minutes to obtain a fluid and homogeneous dough. Pour the dough into 2 well-greased 1lb loaf pans. Let the dough rise in a warm place (about 30°C, 85°F) for 30–45 minutes. Bake in a preheated oven at 200°C (400°F, Gas Mark 6) for 50 minutes. Put water in the drip pan to improve the baking of the bread. Turn out the breads immediately after baking and let cool.

## NATURAL CAKE MIX



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary cakes mixes.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>1 548 kJ (366 kcal)</b>
<b>Fat</b>	<b>1.3 g</b>
Of which saturates	0.9 g
<b>Carbohydrate</b>	<b>84.6 g</b>
Of which sugars	47.9 g
<b>Fibre</b>	<b>7.1 g</b>
<b>Protein</b>	<b>0.3 g</b>
Of which phenylalanine	< 10.0 mg
Methionine	< 10.0 mg
Leucine	< 10.0 mg
Threonine	20.0 mg
Isoleucine	10.0 mg
Lysine	10.0 mg
Valine	10.0 mg
Cystine	10.0 mg
Tyrosine	10.0 mg
Arginine	10.0 mg
<b>Salt</b>	<b>0.74 g</b>
<b>Minerals</b>	
Sodium	295 mg (12.8 mmol)
Potassium	23.8 mg (0.61 mmol)
Chloride	50.0 mg (1.4 mmol)
Calcium	32.3 mg (0.81 mmol)
Phosphorus	256 mg (2.7 mmol PO <sub>4</sub> )
Magnesium	<3.5 mg (<0.15 mmol)

**INGREDIENTS:** Corn starch, sugar, dextrose, thickeners (hydroxypropylmethylcellulose, carob seed flour, xanthan gum), raising agent (disodium diphosphate, sodium acid carbonate, monocalcium phosphate), emulsifier (mono and diglycerides of fatty acids).

**Gluten free**

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 18 months after the date of manufacture. Consume within 2 months after opening the sachet.

**PACKAGING:** 300 g box (1 sachet).

**USE: For one 300 g sachet of preparation**

**Ingredients:**

- 70 g butter (sweet or semi-salted),
- 150 ml water,
- 8 small individual moulds

**Preparation:**

- 1/ Preheat oven to 170°C
- 2/ Put the contents of one sachet of Natural cake mix in a bowl, add 150 ml of water and whisk together to obtain a smooth batter.
- 3/ Melt the butter and add to the mixture.
- 4/ Pour into the small moulds and bake at 180°C (gas mark 6) for 25 minutes, until the cakes are golden brown on the top. Take out from the oven and wait for the cakes to cool before removing from the moulds.

**Another option:** Follow the instructions for use and add 130g of fruit e.g. fresh (berries) or tinned (NOT dried fruit) and mix in.



# CULINARY AIDS

## PANCAKES AND WAFFLES MIX



**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace ordinary pancakes and waffles mixes.

### IMPORTANT NOTICE:

For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>1 499 kJ (353 kcal)</b>
<b>Fat</b>	<b>0.4 g</b>
Of which saturates	< 0.1 g
<b>Carbohydrate</b>	<b>86.5 g</b>
Of which sugars	14.0 g
<b>Fibre</b>	<b>0.6 g</b>
<b>Protein</b>	<b>0.5 g</b>
Of which phenylalanine	22.0 mg
Methionine	10.0 mg
Leucine	30.0 mg
Threonine	20.0 mg
Isoleucine	20.0 mg
Lysine	10.0 mg
Valine	20.0 mg
Cystine	10.0 mg
Tyrosine	10.0 mg
Arginine	20.0 mg
<b>Salt</b>	<b>0 g</b>
<b>Minerals</b>	
Sodium	0 mg (0 mmol)
Potassium	38.0 mg (0.97 mmol)
Chloride	0 mg (0 mmol)
Calcium	13.0 mg (0.33 mmol)
Phosphorus	33.0 mg (0.35 mmol PO <sub>4</sub> )
Magnesium	0 mg (0 mmol)

**INGREDIENTS:** Corn starch, potato starch, sugar, thickener (guar gum).

**Gluten free**

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 18 months after the date of manufacture. Consume within 2 months after opening the sachet.

**PACKAGING:** 300 g box (1 sachet).

**USE: Pancake batter: Ingredients for 12 pancakes approximately:**

- 1 sachet of Pancakes and waffles mix (300 g)
- 500 ml Dalia (low protein drink)
- 40 g egg substitute + 160 ml water

**Preparation:** In a bowl, mix the contents of the sachet with the egg substitute previously diluted. Gradually add the Dalia. Mix well. Let the dough rest for at least 1 hour in the refrigerator. Fry in a lightly greased hot pan with butter. Pour one small ladle (or half of a big ladle) of batter onto the pan and spread it thinly with a spatula. Fry 1-2 minutes each side until cooked and lightly golden. Try flavouring the mixture with orange blossom, lemon zest or vanilla. Serve warm - plain or with a favourite topping (e.g. jam, fruit, lemon and sugar).

**Waffle batter: Ingredients for 12 waffles approximately:**

- 1 sachet of Pancakes and waffles mix (300 g)
- 1 sachet of baking powder
- 500 ml Dalia (low protein drink)
- 20 g egg substitute + 80 ml water
- 50 g melted butter

**Preparation:** In a bowl, mix the contents of the sachet with the egg substitute previously diluted. Gradually add the Dalia and the melted butter. Mix well until the batter is smooth. Add the baking powder. Let the dough rest in the refrigerator for at least 1 hour. Pour the batter onto the waffle maker plate and cook until lightly golden brown. Serve warm-plain or with a favourite topping (e.g. jam, fruit, lemon and sugar).

## EGG REPLACER



**NEW PACKAGING 300 G available end of 2022**

**DESCRIPTION:** Food for special medical purposes. Low protein and gluten free preparation to replace eggs in cooking and baking.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

AVERAGE COMPOSITION	For 100 g of product
<b>ENERGY VALUE</b>	<b>1 494 kJ (352 kcal)</b>
<b>Fat</b>	<b>0.6 g</b>
Of which saturates	0.5 g
<b>Carbohydrate</b>	<b>84.7 g</b>
Of which sugars	< 0.5 g
<b>Fibre</b>	<b>3.4 g</b>
<b>Protein</b>	<b>0.3 g</b>
Of which phenylalanine	12.0 mg
Methionine	7.1 mg
Leucine	24.8 mg
Threonine	8.7 mg
Isoleucine	9.8 mg
Lysine	10.6 mg
Valine	14.2 mg
Cystine	5.2 mg
Tyrosine	7.5 mg
Arginine	12.2 mg
<b>Salt</b>	<b>0.05 g</b>
<b>Minerals</b>	
Sodium	21.3 mg (0.93 mmol)
Potassium	20.7 mg (0.53 mmol)
Chloride	<50.0 mg (<1.4 mmol)
Calcium	67.3 mg (1.7 mmol)
Phosphorus	25.2 mg (0.27 mmol PO <sub>4</sub> )
Magnesium	3.9 mg (0.16 mmol)

**INGREDIENTS:** Corn starches, potato starch, thickeners (E464, E412), emulsifier (E472e).

**Gluten free**

**CONSERVATION:** Store in a dry place at room temperature. **Shelf life:** 18 months after the date of manufacture. Consume within 2 months after opening the sachet.

**PACKAGING:** 300 g box (1 sachet).

**USE:** To obtain the equivalent of 1 egg, mix 10g of egg replacer + 40ml of water.





# CULINARY AIDS



**DALIA LIQUID**



**DESCRIPTION:** Food for special medical purposes. Low protein dietary drink.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 1 year old.

AVERAGE COMPOSITION	For 100 ml of product
<b>ENERGY VALUE</b>	<b>208 kJ (50 kcal)</b>
<b>Fat</b>	<b>2.6 g</b>
Of which saturates	1.9 g
<b>Carbohydrate</b>	<b>6.4 g</b>
Of which sugars	4.8 g
<b>Protein</b>	<b>0.2 g</b>
Of which phenylalanine	6.4 mg
Methionine	4.3 mg
Leucine	14.1 mg
Threonine	6.7 mg
Isoleucine	7.3 mg
Lysine	13.7 mg
Valine	8.8 mg
Cystine	2.6 mg
Tyrosine	7.2 mg
Arginine	5.0 mg
<b>Salt</b>	<b>0.02 g</b>
<b>Minerals</b>	
Sodium	9.0 mg (0.39 mmol)
Potassium	30.0 mg (0.77 mmol)
Chloride	20.0 mg (0.56 mmol)
Calcium	14.0 mg (0.35 mmol)
Phosphorus	10.0 mg (0.11 mmol PO <sub>4</sub> )
Magnesium	2.5 mg (0.10 mmol)

Osmolarity 181 mOsm/L

**INGREDIENTS:** Water, cream (*milk*), lactose (*milk*), *milk* permeate powder, maltodextrin, emulsifier: mono and diglycerides of fatty acids.

**CONSERVATION:** UHT sterilised. Store in a dry place at room temperature. **Shelf life:** 12 months after the date of manufacture. After opening, keep refrigerated and use within 48 hours.

**PACKAGING:** 200 ml tetra brick – plate of 24 units.

**USE:** As a replacement of ordinary milk, without constituting a significant source of calcium. Shake well before use. Can be cooked and warmed. Can be eaten as is or flavoured (fruit syrups, natural essences, etc.) or warmed with tea or instant coffee. Can be heated to prepare sauces. Tetra brick packaging for easy transport to school or work.

**DALIA POWDER**



**DESCRIPTION:** Food for special medical purposes. Low protein preparation, in powder, for drink.

**IMPORTANT NOTICE:** For the dietary management of phenylketonuria and other inherited metabolic disorders requiring a low protein diet. Incomplete food, not suitable for use as the sole source of nourishment. To be used under medical supervision. Not suitable for children under 3 years old.

**INGREDIENTS:** Whey permeate powder (*milk*), corn maltodextrin, fat powder (palm oil, glucose syrup, *milk* protein, anti-caking agent (E551)), lactose (*milk*), anti-caking agent (tricalcium phosphate), flavour. Manufactured in a workshop using: *wheat, barley, oat, cruciferous, egg, fish, soybean, nuts, sulphites, celery*.

**CONSERVATION:** Store in a cool and dry place. Close the box tightly after use. Once opened, the can has to be covered with the lid and has to be used within 4 weeks. **Shelf life:** 16 months after the date of manufacture.

**PACKAGING:** 400 g tin with 10 g scoop.

**USE:** As a replacement of ordinary milk, without constituting a significant source of calcium. Packaging in tin for powder form is practical for when patients go on holidays (more readily transportable than the tetra packs). 1 tin = 1 plate of 24 tetra bricks.

**Preparation:** 1 scoop + 100 ml of cold or hot water. Can be used in numerous recipes.

AVERAGE COMPOSITION	For 100 g of product	For 1 portion 10 g + 100 ml of water
<b>ENERGY VALUE</b>	<b>1 802 kJ (428 kcal)</b>	<b>180 kJ (43 kcal)</b>
<b>Fat</b>	<b>12.3 g</b>	<b>1.2 g</b>
Of which saturates	6.2 g	0.62 g
<b>Carbohydrate</b>	<b>77.5 g</b>	<b>7.8 g</b>
Of which sugars	45.1 g	4.5 g
<b>Protein</b>	<b>1.7 g</b>	<b>0.17 g</b>
Of which phenylalanine	20.0 mg	2.0 mg
Methionine	10.0 mg	1.0 mg
Leucine	60.0 mg	6.0 mg
Threonine	20.0 mg	2.0 mg
Isoleucine	20.0 mg	2.0 mg
Lysine	40.0 mg	4.0 mg
Valine	30.0 mg	3.0 mg
Cystine	10.0 mg	1.0 mg
Tyrosine	40.0 mg	4.0 mg
Arginine	20.0 mg	2.0 mg
<b>Salt</b>	<b>0.67 g</b>	<b>0.07 g</b>
<b>Minerals</b>		
Sodium	268 mg (11.7 mmol)	26.8 mg (1.2 mmol)
Potassium	924 mg (23.7 mmol)	92.4 mg (2.4 mmol)
Chloride	720 mg (20.3 mmol)	72.0 mg (2.0 mmol)
Calcium	846 mg (21.2 mmol)	84.6 mg (2.1 mmol)
Phosphorus	618 mg (6.5 mmol PO <sub>4</sub> )	61.8 mg (0.65 mmol PO <sub>4</sub> )
Magnesium	34.0 mg (1.4 mmol)	3.4 mg (0.14 mmol)







LOW PROTEIN PRODUCTS

SAVOURY

CULINARY AIDS

	BREAD ROLLS	FRENCH TOASTS	SHORT SPAGHETTI	CORNETTI	MACARONI	COUSCOUS	SEMOLINA	RICE SUBSTITUTE	MEAT SUBSTITUTE	FISH SUBSTITUTE	CHEESE SLICE SUBSTITUTE	RISOTTO SUBSTITUTE	BREAD AND PASTRY MIX	NATURAL CAKE MIX	PANCAKES AND WAFFLES MIX	EGG REPLACER	DALIA LIQUID	DALIA POWDER	PREPARATION FOR CHEESE FLAVOURED SAUCE		
From	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 3 years old	From 1 year old	From 3 years old	From 3 years old	From 3 years old	
<b>Gluten free</b>	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓					
<b>Allergens present in the recipe</b>	-	-	-	-	-	-	-	-					-	-	-	-	Milk	Milk			Milk
<b>Possible traces</b>	Eggs, soya	Eggs, soya	-	-	-	-	-	-	Cereals containing gluten (wheat, barley, oat), egg, fish, soybean, milk, celery	Cereals containing gluten (wheat, barley, oat), egg, fish, soybean, celery, molluscs	-	Soya, cereals containing gluten (wheat)	-	-	-	-	-	Cereals containing gluten (wheat, barley, oat), crustacean, egg, fish, soybean, nuts, sulphites, celery	Cereals containing gluten (wheat, barley, oat), egg, fish, soybean, sulphites, celery		
Packaging	180 g bag (4 x 45 g rolls)	250 g box (4 sachets of 6 rusks)	500 g sachet	500 g sachet	500 g sachet	500 g sachet	500 g sachet	500 g sachet	248 g box (4 sachets of 62 g)	248 g box (4 sachets of 62 g)	120 g tub (6 slices of 20 g)	1,2 kg box (4 bowls of 300 g)	1 kg box (2 sachets of 500 g) + 2 sachets of yeast (8 g)	300 g box (1 sachet)	300 g box (1 sachet)	300 g box (1 sachet)	200 ml tetra brick (plate of 24 units)	400 g can (with 10 g scoop)	200 g can		

Average composition		for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g	for 100 g
<b>ENERGY VALUE</b>	<b>kJ / kcal</b>	<b>1 142 / 271</b>	<b>1 822 / 434</b>	<b>1 518 / 358</b>	<b>1 518 / 358</b>	<b>1 518 / 358</b>	<b>1 518 / 358</b>	<b>1 518 / 358</b>	<b>1 518 / 358</b>	<b>1 263 / 302</b>	<b>1 171 / 280</b>	<b>1 015 / 244</b>	<b>432 / 103</b>	<b>1 582 / 373</b>	<b>1 548 / 366</b>	<b>1 499 / 353</b>	<b>1 494 / 352</b>	<b>208 / 50</b>	<b>1 802 / 428</b>	<b>1 546 / 364</b>
<b>Fat</b>	<b>g</b>	<b>4.5</b>	<b>12.9</b>	<b>0.9</b>	<b>0.9</b>	<b>0.9</b>	<b>0.9</b>	<b>0.9</b>	<b>0.9</b>	<b>0.3</b>	<b>0.5</b>	<b>15.4</b>	<b>5.0</b>	<b>1.4</b>	<b>1.3</b>	<b>0.4</b>	<b>0.6</b>	<b>2.6</b>	<b>12.3</b>	<b>0.3</b>
Of which saturates	g	1.8	6.6	0.6	0.6	0.6	0.6	0.6	0.6	0.1	0	9.0	1.3	0.7	0.9	< 0.1	0.5	1.9	6.2	0.2
<b>Carbohydrate</b>	<b>g</b>	<b>54.0</b>	<b>74.6</b>	<b>87.0</b>	<b>87.0</b>	<b>87.0</b>	<b>87.0</b>	<b>87.0</b>	<b>87.0</b>	<b>53.8</b>	<b>48.0</b>	<b>22.6</b>	<b>14.0</b>	<b>88.7</b>	<b>84.6</b>	<b>86.5</b>	<b>84.7</b>	<b>6.4</b>	<b>77.5</b>	<b>88.0</b>
Of which sugars	g	1.0	4.8	< 0.02	< 0.02	< 0.02	< 0.02	< 0.02	< 0.02	3.1	1.9	0.8	< 0.2	3.2	47.9	14.0	< 0.5	4.8	45.1	6.4
<b>Fibre</b>	<b>g</b>	<b>6.0</b>	<b>8.1</b>	<b>&lt; 0.5</b>	<b>&lt; 0.5</b>	<b>&lt; 0.5</b>	<b>&lt; 0.5</b>	<b>&lt; 0.5</b>	<b>&lt; 0.5</b>	<b>37.7</b>	<b>37.0</b>	<b>6.4</b>	<b>0.5</b>	<b>1.9</b>	<b>7.1</b>	<b>0.6</b>	<b>3.4</b>	-	-	<b>0.4</b>
<b>Protein</b>	<b>g</b>	<b>0.6</b>	<b>0.7</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>0.1</b>	<b>2.1</b>	<b>2.4</b>	<b>0.6</b>	<b>0.3</b>	<b>0.4</b>	<b>0.3</b>	<b>0.5</b>	<b>0.3</b>	<b>0.2</b>	<b>1.7</b>	<b>2.1</b>
Of which Phenylalanine	mg	20.0	29.8	14.2	14.2	14.2	14.2	14.2	14.2	90.0	90.0	11.4	5.6	20.0	< 10.0	22.0	12.0	6.4	20.0	60.0
Methionine	mg	10.0	18.9	8.5	8.5	8.5	8.5	8.5	8.5	50.0	40.0	5.6	< 4.0	10.0	< 10.0	10.0	7.1	4.3	10.0	30.0
Leucine	mg	40.0	53.4	30.6	30.6	30.6	30.6	30.6	30.6	160	160	21.6	9.4	30.0	< 10.0	30.0	24.8	14.1	60.0	160
Threonine	mg	30.0	31.2	10.1	10.1	10.1	10.1	10.1	10.1	70.0	80.0	11.5	5.6	20.0	20.0	20.0	8.7	6.7	20.0	70.0
Isoleucine	mg	20.0	27.3	11.5	11.5	11.5	11.5	11.5	11.5	80.0	80.0	11.5	5.1	10.0	10.0	20.0	9.8	7.3	20.0	70.0
Lysine	mg	30.0	27.9	13.0	13.0	13.0	13.0	13.0	13.0	70.0	95.0	19.3	8.0	10.0	10.0	10.0	10.6	13.7	40.0	110
Valine	mg	30.0	33.4	15.7	15.7	15.7	15.7	15.7	15.7	110	110	15.3	6.8	20.0	20.0	20.0	14.2	8.8	30.0	90.0
Cystine	mg	10.0	9.7	5.7	5.7	5.7	5.7	5.7	5.7	50.0	6.0	3.9	< 4.0	10.0	10.0	10.0	5.2	2.6	10.0	< 20.0
Tyrosine	mg	20.0	21.7	8.0	8.0	8.0	8.0	8.0	8.0	60.0	100	11.4	5.1	20.0	10.0	10.0	7.5	7.2	40.0	70.0
Arginine	mg	30.0	41.1	12.4	12.4	12.4	12.4	12.4	12.4	140	150	15.6	9.8	20.0	10.0	20.0	12.2	5.0	20.0	40.0
<b>Salt</b>	<b>g</b>	<b>2.0</b>	<b>0.04</b>	<b>0.15</b>	<b>0.15</b>	<b>0.15</b>	<b>0.15</b>	<b>0.15</b>	<b>0.15</b>	<b>0.81</b>	<b>4.0</b>	<b>1.6</b>	<b>0.68</b>	<b>0.03</b>	<b>0.74</b>	<b>0</b>	<b>0.05</b>	<b>0.02</b>	<b>0.67</b>	<b>3.1</b>
<b>Minerals</b>																				
Sodium	mg (mmol)	789 (34.3)	17.9 (0.8)	58.9 (2.6)	58.9 (2.6)	58.9 (2.6)	58.9 (2.6)	58.9 (2.6)	58.9 (2.6)	323 (14.0)	1619 (70.4)	650 (28.3)	273 (11.9)	12.2 (0.53)	295 (12.8)	0 (0)	21.3 (0.93)	9.0 (0.39)	268 (11.7)	1243 (54.0)
Potassium	mg (mmol)	58.8 (1.5)	37.6 (1.0)	4.6 (0.12)	4.6 (0.12)	4.6 (0.12)	4.6 (0.12)	4.6 (0.12)	4.6 (0.12)	100 (2.6)	102 (2.6)	150 (3.8)	16.0 (0.41)	14.2 (0.36)	23.8 (0.61)	38.0 (0.97)	20.7 (0.53)	30.0 (0.77)	924 (23.7)	93.6 (2.4)
Chloride	mg (mmol)	1223 (34.5)	24.0 (0.7)	< 50.0 (< 1.4)	< 50.0 (< 1.4)	< 50.0 (< 1.4)	< 50.0 (< 1.4)	< 50.0 (< 1.4)	< 50.0 (< 1.4)	900 (25.4)	2472 (69.6)	910 (25.6)	423 (11.9)	90.0 (2.5)	50.0 (1.4)	0 (0)	< 50.0 (< 1.4)	20.0 (0.56)	720 (20.3)	1880 (53.0)
Calcium	mg (mmol)	18.4 (0.46)	34.2 (0.86)	17.8 (0.45)	17.8 (0.45)	17.8 (0.45)	17.8 (0.45)	17.8 (0.45)	17.8 (0.45)	29.0 (0.73)	100 (2.5)	37.0 (0.93)	7.6 (0.19)	11.1 (0.28)	32.3 (0.81)	13.0 (0.33)	67.3 (1.7)	14.0 (0.35)	846 (21.2)	385 (9.6)
Phosphorus	mg (mmol PO4)	30.7 (0.32)	33.1 (0.35)	24.8 (0.26)	24.8 (0.26)	24.8 (0.26)	24.8 (0.26)	24.8 (0.26)	24.8 (0.26)	41.0 (0.43)	80.0 (0.84)	10.0 (0.11)	6.7 (0.07)	15.0 (0.16)	256 (2.7)	33.0 (0.35)	25.2 (0.27)	10.0 (0.11)	618 (6.5)	204 (2.1)
Magnesium	mg (mmol)	6.9 (0.29)	5.8 (0.24)	< 2.0 (< 0.08)	< 2.0 (< 0.08)	< 2.0 (< 0.08)	< 2.0 (< 0.08)	< 2.0 (< 0.08)	< 2.0 (< 0.08)	9.0 (0.38)	10.0 (0.42)	4.5 (0.19)	2.7 (0.11)	4.5 (0.19)	< 3.5 (< 0.15)	0 (0)	3.9 (0.16)	2.5 (0.10)	34.0 (1.4)	10.9 (0.45)

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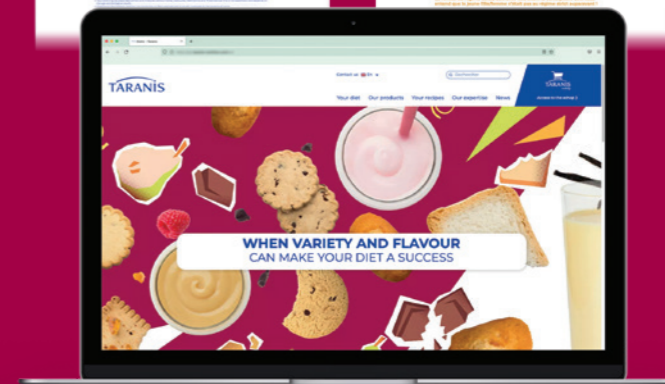
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