

TARANiS

A COMPLETE RANGE OF LOW-PROTEIN PRODUCTS

How variety and flavour can make
your diet a success



- 40 YEARS OF NUTRITIONAL EXPERTISE -



LEMON FLAVOR
CAKES
APRICOT FLAVOR
CAKES
PEAR FLAVOR
CAKES

YUM
YUMMY

**DESCRIPTION**

Food for special medical purposes.
Special low-protein, gliadin-free (gluten-free) dietary preparation to replace ordinary cakes.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product	for 1 portion (40 g)
Energy value	1 562 kJ (372 kcal)	625 kJ (149 kcal)
Fats	15.2 g	6.1 g
Of which saturated fatty acids	7.6 g	3.0 g
Carbohydrates	58.0 g	23.2 g
Of which sugars	33.5 g	13.4 g
Fibre	1.3 g	0.5 g
Proteins	0.2 g	0.1 g
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
Salt	0.73 g	0.29 g
Minerals		
Sodium	290 mg (12.6 mmol)	116 mg (5.0 mmol)
Potassium	44.0 mg (1.1 mmol)	17.6 mg (0.45 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 mmolPO ₄)	64.0 mg (0.67 mmolPO ₄)
Magnesium	4.0 mg (0.17 mmol)	1.6 mg (0.07 mmol)

**Ingredients****Lemon flavor cakes:**

Potato starch, water, sugar, nonhydrogenated palm oil, dextrose, corn starch, stabiliser (glycerol), thickeners (carob gum, xanthan gum), emulsifiers (mono and diglycerides of fatty acids, rapeseed lecithin), raising agent (disodium pyrophosphate, sodium bicarbonate, monocalcium phosphate), flavour (contains Alcohol), salt, natural lemon flavour (0.2%).
Possible traces of **eggs** and **nuts**.

GLUTEN-FREE**Ingredients****Apricot flavor cakes:**

Potato starch, water, sugar, nonhydrogenated palm oil, dextrose, corn starch, stabiliser (glycerol), thickeners (carob gum, xanthan gum), emulsifiers (mono and diglycerides of fatty acids, rapeseed lecithin), raising agent (disodium pyrophosphate, sodium bicarbonate, monocalcium phosphate), flavours (contains Alcohol), salt. Possible traces of **eggs** and **nuts**.

GLUTEN-FREE**Ingredients****Pear flavor cakes:**

Potato starch, water, sugar, non-hydrogenated palm oil, dextrose, corn starch, stabiliser (glycerol), thickeners (carob gum, xanthan gum), emulsifiers (mono and diglycerides of fatty

acids, rapeseed lecithin), raising agent (disodium pyrophosphate, sodium bicarbonate, monocalcium phosphate), flavours (contains Alcohol), salt.

Possible traces of **eggs** and **nuts**.

GLUTEN-FREE**Storage:**

Store in a cool, dry place.

Shelf life:

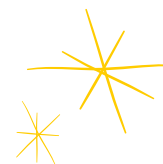
10 months after the date of manufacture.
Consume within 24 h after opening the bag.

Packaging:

240 g box, 6 individual 40 g packages.

Use:

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





CHOCOLATE CHIP COOKIES



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free), low-protein dietary preparation to replace ordinary cookies.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION		for 100 g of product
Energy value		2 030 kJ (484 kcal)
Fats		19.6 g
Of which saturated fatty acids		10.4 g
Carbohydrates		75.9 g
Of which sugars		25.6 g
Fibre		0.8 g
Proteins		0.5 g
Of which phenylalanine		13.0 mg
Methionine		5.0 mg
Leucine		22.0 mg
Threonine		10.0 mg
Isoleucine		10.0 mg
Lysine		9.0 mg
Valine		14.0 mg
Cystine		5.0 mg
Tyrosine		5.0 mg
Arginine		17.0 mg
Salt		0.02 g
Minerals		
Sodium		6.4 mg (0.28mmol)
Potassium		38.1 mg (0.98 mmol)
Chloride		< 100 mg (<2.8 mmol)
Calcium		6.5 mg (0.16 mmol)
Phosphorus		28.4 mg (0.30 mmol PO ₄)
Magnesium		8.2 mg (0.34 mmol)

Ingredients:

Corn starches, non-hydrogenated palm oil, potato starch, sugar, glucose syrup, chocolate chips 2.8% (cocoa paste, sugar, cocoa butter, emulsifier (*soy* lecithin), natural vanilla flavour), colour (caramel), flavour, emulsifier (rapeseed lecithin), raising agent (ammonium bicarbonate). Possible traces of *eggs*.

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

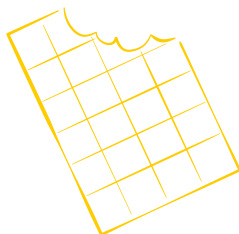
14 months after the date of manufacture. Consume within 24 h after opening the bag.

Packaging:

135 g box containing 3 subunits of 3 cookies.

Use:

As a replacement for ordinary cookies.



BISCUITS WITH CARAMEL SHARDS



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace ordinary biscuits.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION		for 100 g of product
Energy value		2 030 kJ (483 kcal)
Fats		18.2 g
Of which saturated fatty acids		8.5 g
Carbohydrates		79.5 g
Of which sugars		15.8 g
Proteins		0.3 g
Of which phenylalanine		8.1 mg
Methionine		6.7 mg
Leucine		19.6 mg
Threonine		6.2 mg
Isoleucine		6.8 mg
Lysine		4.5 mg
Valine		9.9 mg
Cystine		6.5 mg
Tyrosine		4.8 mg
Arginine		5.3 mg
Salt		0.03 g
Minerals		
Sodium		1 0.4 mg (0.45 mmol)
Potassium		15.4 mg (0.39 mmol)
Chloride		< 50.0 mg (< 1.4 mmol)
Calcium		15.1 mg (0.38 mmol)
Phosphorus		32.6 mg (1.1 mmol)
Magnesium		5.4 mg (0.23 mmol)

Ingredients:

Corn starches, non-hydrogenated palm oil, sugar, glucose syrup, caramel chips (3.4%) (sugar, glucose syrup), emulsifier (rapeseed lecithin), flavour, colour (ordinary caramel), raising agent (ammonium carbonates). Possible traces of *eggs*.

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

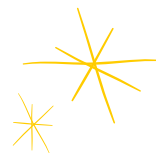
14 months after the date of manufacture. Consume within 24h after opening the bag.

Packaging:

130 g pack containing 4 sachets of 4 biscuits.

Use:

To replace ordinary biscuits.





SHORTBREAD BISCUITS



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace ordinary shortbread biscuits.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100g of product
Energy value	2 034 kJ (484 kcal)
Fats	19.1 g
Of which saturated fatty acids	9.0 g
Carbohydrates	77.6 g
Of which sugars	14.9 g
Proteins	0.5 g
Of which phenylalanine	9.4 mg
Methionine	4.5 mg
Leucine	18.9 mg
Threonine	5.5 mg
Isoleucine	6.5 mg
Lysine	5.1 mg
Valine	9.1 mg
Cystine	< 4.0 mg
Tyrosine	5.3 mg
Arginine	6.1 mg
Salt	0.03 g
Minerals	
Sodium	10.0 mg (0.43 mmol)
Potassium	13.8 mg (0.35 mmol)
Chloride	< 50.0 mg (< 1.4 mmol)
Calcium	14.0 mg (0.35 mmol)
Phosphorus	33.0 mg (0.35 mmolPO ₄)
Magnesium	5.4 mg (0.23 mmol)



Ingredients:

Corn starches, non-hydrogenated palm oil, sugar, glucose syrup, emulsifier (rapeseed lecithin), flavour, colour (E150a), raising agent (ammonium carbonates). Possible traces of **eggs**.

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

14 months after the date of manufacture. Consume within 24h after opening the bag.

Packaging:

120 g pack containing 4 subunits of 5 biscuits.

Use:

As a replacement for ordinary shortbread biscuits.



RASPBERRY SHORTBREAD BISCUITS



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation, to replace ordinary biscuits.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.



AVERAGE COMPOSITION	for 100g of product
Energy value	2 001 kJ (476 kcal)
Fats	18.6 g
Of which saturated fatty acids	9.1 g
Carbohydrates	76.6 g
Of which sugars	16.7 g
Proteins	0.6 g
Of which phenylalanine	9.4 mg
Methionine	4.5 mg
Leucine	18.9 mg
Threonine	5.5 mg
Isoleucine	6.5 mg
Lysine	5.1 mg
Valine	9.1 mg
Cystine	< 4.0 mg
Tyrosine	5.3 mg
Arginine	6.1 mg
Salt	0.03 g
Minerals	
Sodium	10.0 mg (0.43 mmol)
Potassium	13.8 mg (0.35 mmol)
Chloride	< 50.0 mg (< 1.4 mmol)
Calcium	19.0 mg (0.48 mmol)
Phosphorus	34.0 mg (1.1 mmol)
Magnesium	5.4 mg (0.23 mmol)

Ingredients:

Corn starches, non-hydrogenated palm oil, sugar, glucose syrup, natural raspberry flavour, raspberry flakes 1.1% (raspberry (fruit equivalent 3.6%), raw cane sugar, corn starch), emulsifier (rapeseed lecithin), colour (ordinary caramel), raising agent (ammonium carbonate). Possible traces of **eggs**.

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

14 months after the date of manufacture. Consume within 24h after opening the bag.

Packaging:

120 g pack containing 4 subunits of 5 biscuits.

Use:

To replace ordinary biscuits.





SHORT SPAGHETTI, CORNETTI, MACARONI, COUSCOUS, SEMOLINA

DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace spaghetti, cornetti, macaroni, couscous or semolina.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.



AVERAGE COMPOSITION		for 100 g of product
Energy value		1 518 kJ (358 kcal)
Fats		0.9 g
Of which saturated fatty acids		0.6 g
Carbohydrates		87.0 g
Of which sugars		< 0.02 g
Fibre		< 0.5 g
Proteins		0.1 g
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
Salt		0.1 g
Minerals		
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 mmolPO ₄)
Magnesium		< 2.0 mg (< 0.08 mmol)

Ingredients:

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

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

24 months after the date of manufacture.

Packaging:

500 g sachets.

Use:

Short spaghetti:

8 minutes in lightly salted boiling water.

Cornetti:

8 minutes.

Macaroni:

8 minutes.

Couscous:

45 minutes to 1 hour in a couscous maker or 5 minutes in boiling water.

Semolina:

Sprinkle one volume of semolina into 2 volumes of water, stir, and remove from heat. Pour into a ramekin.

Recipe: Fried gnocchi Ingredients:

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

Sprinkle the semolina into salted boiling water. Cook for 2 to 3 minutes. Remove from heat and leave to cool. Add the low-protein flour and mix until a uniform dough is obtained. Roll the dough into 2 cm rods, and pinch them between fingers to make gnocchi. In a frying pan, heat the oil and then fry the gnocchi until golden brown.





CHEESE SLICE SUBSTITUTE



DESCRIPTION

Food for special medical purposes. Special low-protein, dietary preparation to replace ordinary sliced cheese.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product
Energy value	1 015 kJ (244 kcal)
Fats	15.4 g
Of which saturated fatty acids	9.0 g
Carbohydrates	22.6 g
Of which sugars	0.8 g
Fibre	6.4 g
Proteins	0.6 g
Of which phenylalanine	11.4 mg
Methionine	5.6 mg
Leucine	21.6 mg
Threonine	11.5 mg
Isoleucine	11.5 mg
Lysine	19.3 mg
Valine	15.3 mg
Cystine	3.9 mg
Tyrosine	11.4 mg
Arginine	15.6 mg
Salt	1.6 g
Minerals	
Sodium	650 mg (28.3 mmol)
Potassium	150 mg (3.8 mmol)
Chloride	910 mg (25.6 mmol)
Calcium	37.0 mg (0.93 mmol)
Phosphorus	10.0 mg (0.11 mmolPO ₄)
Magnesium	4.5 mg (0.19 mmol)

Ingredients:

Water, manioc starch, concentrated butter (*milk*), thickeners (E461, E407, E410, E508), potato starch, fibers, salt, flavour (*milk*), colour (E160a).

Storage:

In a cool, dry place; then after opening, refrigerated for 15 days in an air-tight container. Packaged under protective atmosphere.

Shelf life:

16 months after the date of manufacture.

Packaging:

120 g tub (6 slices of 20 g).

Use:

Ready to be used as it, with low-protein bread. May also be cooked and/or grated. For use as a substitute to sliced cheese, without constituting a significant source of calcium. Can be frozen. Does not melt.



RISOTTO SUBSTITUTE



DESCRIPTION

Food for special medical purposes. Low protein preparation, to replace ordinary pre-cooked risotto.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product	for 1 portion (300 g)
Energy value	432 kJ (103 kcal)	1 284 kJ (307 kcal)
Fats	5.0 g	15.0 g
Of which saturated fatty acids	1.3 g	3.9 g
acides gras mono-insaturés	2.6 g	7.8 g
acides gras polyinsaturés	1.2 g	3.6 g
Carbohydrates	14.0 g	42.0 g
Of which sugars	< 0.2 g	< 0.6 g
lactose	< 0.2 g	< 0.6 g
Fibre	0.5 g	1.5 g
Proteins	0.3 g	0.9 g
Of which phenylalanine	5.6 mg	16.8 mg
Methionine	< 4.0 mg	< 12.0 mg
Leucine	9.4 mg	28.2 mg
Threonine	5.6 mg	16.8 mg
Isoleucine	5.1 mg	15.3 mg
Lysine	8.0 mg	24.0 mg
Valine	6.8 mg	20.4 mg
Cystine	< 4.0 mg	< 12.0 mg
Tyrosine	5.1 mg	15.3 mg
Arginine	9.8 mg	29.4 mg
Salt	0.7 g	2.0 g
Minerals		
Sodium	273 mg (11.9 mmol)	819 mg (35.6 mmol)
Potassium	16.0 mg (0.41 mmol)	48.0 mg (1.2 mmol)
Chloride	423 mg (11.9 mmol)	1 269 mg (35.7 mmol)
Calcium	7.6 mg (0.19 mmol)	22.8 mg (0.57 mmol)
Phosphorus	6.7 mg (0.07 mmolPO ₄)	20.1 mg (0.21 mmolPO ₄)
Magnesium	2.7 mg (0.11 mmol)	8.1 mg (0.34 mmol)

Ingredients:

Water, corn starch, onions, colza oil, modified corn starch, modified potato starch, cream (*milk*), flavours, emulsifiers (E472c, E471), modified starch, parsley, salt, stabilizer E461, antioxidant E300, colour E160a. Possible traces of *soya*.

Storage:

At room temperature, in a cool and dry place. After opening, refrigerate and consume within 24 hours.

Shelf life:

12 months after the date of manufacture.

Packaging:

1 200 g pack (4 bowls x 300 g).

Use:

1/ Open the bowl.
2/ Then, heat in the microwave for 2 min. (500-600 watts).
3/ There may be some oil on the surface. Stir well before eating. You may add grated Taranis Cheese substitute and/or vegetables.





BREAD AND PASTRY MIX



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace flour.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product
Energy value	1 582 kJ (373 kcal)
Fats	1.4 g
Of which saturated fatty acids	0.7 g
Carbohydrates	88.7 g
Of which sugars	3.2 g
Fibre	1.9 g
Proteins	0.4 g
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
Salt	0.03 g
Minerals	
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 mmolPO ₄)
Magnesium	4.5 mg (0.19 mmol)

Ingredients:

Mix : Corn starch, glucose syrup, thickeners (methylcellulose hydroxypropyl, guar gum, carob gum), stabiliser (sorbitol), sugar, emulsifier (mono and diglycerides of fatty acids). **Yeast**: dry baker's yeast (*Saccharomyces cerevisiae*), emulsifier (E 491).

GLUTEN-FREE

Storage:

Store in a cool, dry place. Consume within 2 months after opening.

Shelf life:

18 months after the date of manufacture.

Packaging:

1 kg box (2 sachets x 500 g) + 2 sachets of yeast (8 g).

Use:

For two loaves:

Ingredients: 500 g Bread and pastry mix, 2 teaspoons of salt, 40 g oil, 8 g baker's yeast, 600 ml of tepid water.

Preparation:

In a large bowl, mix the salt, oil, baker's yeast and water either by hand or with a mixer until completely mixed and the dough is thick and uniform. Mix well for 20 min. Transfer the dough to the drip tray for an improved bake. Remove from tin immediately after baking and allow to cool.

NATURAL CAKE MIX



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace ordinary cakes.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

Ingredients:

Corn starch, sugar, dextrose, thickener (hydroxypropyl-methylcellulose, carob gum, xanthan gum), raising agent (sodium pyrophosphate, sodium bicarbonate, monocalcium phosphate), emulsifier (mono and diglycerides of fatty acids).

GLUTEN-FREE

Storage:

Store in a cool, dry place.

Shelf life:

18 months after the date of manufacture.

Packaging:

300 g box.

Use:

For 8 cupcakes or one cake (using 20 cm cake tin) Preparation: 5 minutes Cooking time: 20-25 minutes

Ingredients: 1 sachet of natural cake mix (300 g) / 150 ml water / 70 g melted butter Preheat the oven to 170°C. In a bowl, combine the cake mix, water and melted butter. Whisk to obtain a smooth batter. Divide the batter between 8 individual cake moulds/muffin tray using paper muffin cases or pour into the buttered cake tin and bake for 20-25 min at 180°C (gas mark 6) until the cake is golden brown on the top. Take out from the oven and leave to cool

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

AVERAGE COMPOSITION	for 100 g of product
Energy value	1 548 kJ (366 kcal)
Fats	1.3 g
Of which saturated fatty acids	0.9 g
Carbohydrates	84.6 g
Of which sugars	47.9 g
Fibre	7.1 g
Proteins	0.3 g
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
Salt	0.74 g
Minerals	
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 mmolPO ₄)
Magnesium	< 3.5 mg (< 0.15 mmol)





PANCAKES AND WAFFLES MIX



DESCRIPTION

Food for special medical purposes. Special low-protein, gliadin-free (gluten-free) dietary preparation to replace mixes for pancakes and waffles.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product
Energy value	1 499 kJ (353 kcal)
Fats	0.4 g
Of which saturated fatty acids	< 0.1 g
Carbohydrates	86.5 g
Of which sugars	14.0 g
Fibre	0.6 g
Proteins	0.5 g
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
Salt	0.0 g
Minerals	
Sodium	0.0 mg (0.0 mmol)
Potassium	38.0 mg (0.97 mmol)
Chloride	0.0 mg (0.0 mmol)
Calcium	13.0 mg (0.33 mmol)
Phosphorus	33.0 mg (0.35 mmolPO ₄)
Magnesium	0.0 mg (0.0 mmol)

Ingredients:

Corn starch, potato starch, sugar, thickener (guar gum).

GLUTEN-FREE

Storage:

Store in a cool, dry place.
Shelf life: 18 months after the date of manufacture.

Packaging:

Cardboard box containing one 300 g pack.

Use:

Instructions to make approx. 12 waffles **Ingredients:** 1 sachet of Pancake and Waffle mix (300 g) / 8 g baking powder / 500 ml Dalia or other low-protein drink / 50 g melted butter / 150 ml water / 20 g egg substitute + 80ml of water.

Preparation: In a bowl, mix the contents of the sachet with the egg substitute. Gradually add Dalia and the melted butter. Mix well (using an electric whisk) until the batter is smooth. Add the baking powder. Leave to rest for one hour in the fridge. When ready 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)

Instructions to make approx. 12 pancakes **Ingredients:** 1 sachet of Pancake and Waffle mix (300 g) / 500 ml of Dalia or other low-protein drink / 40g egg substitute + 160ml of water. **Preparation:** In a bowl, mix the contents of the sachet with the egg substitute. Gradually add Dalia. Mix well (using an electric whisk until the batter is smooth). Leave to rest for one hour in the fridge. 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).



EGG SUBSTITUTE



DESCRIPTION

Special low-protein dietary preparation in powder form to replace eggs in cooking and baking.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product
Energy value	1 494 kJ (352 kcal)
Fats	0.6 g
Of which saturated fatty acids	0.5 g
Carbohydrates	84.7 g
Of which sugars	traces
Fibre	3.4 g
Proteins	0.3 g
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
Tyrosine	7.5 mg
Arginine	12.2 mg
Salt	0.1 g
Minerals	
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 mmolPO ₄)
Magnesium	3.9 mg (0.16 mmol)

Recipes available: www.taranis-nutrition.com

Ingredients:

Corn starch, potato starch, thickeners (E 464, E412), emulsifier (E472e).

GLUTEN-FREE

Storage:

Store in a cool, dry place. After opening, consume within 2 months.

Shelf life:

18 months after the date of manufacture.

Packaging:

250 g pack.

Equivalence:

For the equivalent of 1 whole egg, mix 10 g of egg substitute with 40 ml of water.

Use:

As a replacement for egg in cooking.





DALIA LIQUID



DESCRIPTION

Food for special medical purposes. Special low-protein dietary drink.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 1 year old.

AVERAGE COMPOSITION for 100 ml of product	
Energy value	208 kJ (50 kcal)
Fats	2.6 g
Of which saturated fatty acids	1.4 g
Carbohydrates	6.4 g
Of which sugars	4.8 g
Proteins	0.2 g
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
Salt	0.02 g
Minerals	
Sodium	9.0 mg (0.39 mmol)
Potassium	30.0 mg (0.77 mmol)
Chloride	14.0 mg (0.39 mmol)
Calcium	14.0 mg (0.35 mmol)
Phosphorus	10.0 mg (0.11 mmolPO ₄)
Magnesium	2.5 mg (0.10 mmol)

Ingredients:

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

Storage:

UHT sterilised. At room temperature. After opening, keep refrigerated and use within 48 hours.

Shelf life:

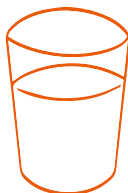
12 months after the date of manufacture.

Packaging:

200 ml tetra brick - pack of 24 units.

Use:

As a replacement for ordinary milk, without constituting a significant source of calcium. Shake before use. Can be cooked. 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. Special low-protein, dietary drink preparation in powder form.

INDICATION

For use under medical supervision to help individuals on low-protein diets meet their nutritional needs.

PRECAUTION

Should not be used as a sole source of nutrition. Not suitable for healthy children or adults, nor for children under 3 years old.

AVERAGE COMPOSITION	for 100 g of product	for 1 portion 10 g + 100 ml of water
Energy value	1 802 kJ (428 kcal)	180 kJ (43 kcal)
Fats	12.3 g	1.2 g
Of which saturated fatty acids	6.2 g	0.6 g
Carbohydrates	77.5 g	7.8 g
Of which sugars	45.1 g	4.5 g
Proteins	1.7 g	0.2 g
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
Salt	0.67 g	0.07 g
Minerals		
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 mmolPO ₄)	61.8 mg (0.65 mmolPO ₄)
Magnesium	34.0 mg (1.4 mmol)	3.4 mg (0.14 mmol)

Ingredients:

Whey permeate (*milk*), corn maltodextrin, fat (palm oil, glucose syrup, *milk* proteins), lactose (*milk*), anti-caking agent (tricalcium phosphate), flavour.

Storage:

Store in a cool, dry place. Reseal the pack after use. Consume within a maximum of 4 weeks after opening.

Shelf life:

16 months after the date of manufacture.

Packaging:

400 g tin with 10 g scoop. Packaging in powder form is practical for when patients go on holiday (more readily transportable than the tetra packs).

Use:

As a replacement for ordinary milk, without constituting a significant source of calcium.

Preparation:

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

