



LNS
LACTALIS NUTRITION SANTÉ

Siège social : Parc d'activités de Torcé
Secteur Est - 35370 TORCÉ
France

Tél. : 33 (0) 2 99 49 20 00
Fax : 33 (0) 2 99 49 20 15

E-mail : info@lactalis.fr - Site : www.lns-nutrition.fr

CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

CAKES (Lemon & Apricot & Pear) TARANIS: 240g (6x40g), a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM, FRANCE, IRELAND, PORTUGAL, UNITED KINGDOM and ITALY.

CAKES (Lemon & Apricot & Pear) TARANIS: 240g (6x40g), received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

CAKES (Lemon & Apricot & Pear) TARANIS: 240g (6x40g), is sold in BELGIUM, FRANCE, IRELAND, PORTUGAL, UNITED KINGDOM and ITALY (free for patient).

CAKES (Lemon & Apricot & Pear) TARANIS: 240g (6x40g), is sold also in GERMANY, SPAIN, DANEMARK, POLAND, SWITZERLAND and NETHERLANDS.

Issued in Torcé, France on October 21th, 2021

PHILIPPE MELE
PRESIDENT
LACTALIS NUTRITION SANTÉ

LACTALIS NUTRITION SANTÉ (LNS)
SAS au capital de 1 134 000 €
Siège Social : Parc d'Activités de Torcé - Secteur Est
35370 TORCÉ
SIREN 541 750 584 - RCS RENNES
Tél. 33 (0)2 99 49 20 00 - Fax 33 (0)2 99 49 61 30





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E-mail : info@lns@lactalis.fr - Site : www.lns-nutrition.fr

CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

BREAD AND PASTRY MIX TARANIS: 1kg (2x500g sachets), a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM, FRANCE, ITALY and PORTUGAL.

BREAD AND PASTRY MIX TARANIS: 1kg (2x500g sachets), received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

BREAD AND PASTRY MIX TARANIS: 1kg (2x500g sachets), is sold in BELGIUM, FRANCE, ITALY and PORTUGAL (free for patient).

BREAD AND PASTRY MIX TARANIS: 1kg (2x500g sachets), is sold also in GERMANY, EMIRATES, SPAIN, LUXEMBOURG, NETHERLANDS, POLAND, QATAR and SWITZERLAND.

Issued in Torcé, France on October 21th, 2021

PHILIPPE MELE
PRESIDENT
LACTALIS NUTRITION SANTÉ

LACTALIS NUTRITION SANTÉ (LNS)

SAS au capital de 1 134 000 €

Siège Social : Parc d'Activités de Torcé - Secteur Est

35370 TORCÉ

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E-mail : info@lns@lactalis.fr - Site : www.lns-nutrition.fr

CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

EGG SUBSTITUTE TARANIS: 250g, a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM, FRANCE and ITALY.

EGG SUBSTITUTE TARANIS: 250g, received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

EGG SUBSTITUTE TARANIS: 250g, is sold in BELGIUM, FRANCE, and ITALY (free for patient).

EGG SUBSTITUTE TARANIS: 250g, is sold also in SPAIN, IRELAND, NETHERLANDS, POLAND, QATAR and SWITZERLAND.

Issued in Torcé, France on September 21th, 2021

PHILIPPE MELE
PRESIDENT
LACTALIS NUTRITION SANTÉ

LACTALIS NUTRITION SANTÉ (LNS)

SAS au capital de 1 134 000 €

Siège Social : Parc d'Activités de Torcé - Secteur Est
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E-mail : info@lactalis.fr - Site : www.lns-nutrition.fr

CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

DALIA POWDER TARANIS: 400g, is a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM, FRANCE, UK, IRELAND and ITALY.

DALIA POWDER TARANIS: 400g, received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

DALIA POWDER TARANIS: 400g, is sold in BELGIUM, FRANCE, UK, IRELAND and ITALY (free for patient).

DALIA POWDER TARANIS: 400g, is sold also in POLAND.

Issued in Torcé, France on September 21th, 2021

PHILIPPE MELE
PRESIDENT
LACTALIS NUTRITION SANTÉ

LACTALIS NUTRITION SANTÉ (LNS)
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35370 TORCÉ
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E-mail : info@lactalis.fr - Site : www.lns-nutrition.fr

CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

RICE SUBSTITUTE TARANIS: 500g, is a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM.

RICE SUBSTITUTE TARANIS: 500g, received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

RICE SUBSTITUTE TARANIS: 500g, is sold in BELGIUM.

RICE SUBSTITUTE TARANIS: 500g, is sold also in GERMANY, SPAIN, FRANCE, POLAND, SWITZERLAND and NETHERLANDS.

Issued in Torcé, France on September 21th, 2021

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CONFIRMATION OF REGISTRATION OF PRODUCT IN EUROPE

We herewith confirm that our product:

PASTA (Spaghetti, Macaroni) TARANIS: 500g, is a FSMP (Food for Special Medical Purposes) is used for the dietary management (low protein diet) of metabolic disease (such as phenylketonuria, for example), from 3 years old.

This product is registered and accepted for the reimbursement in BELGIUM, FRANCE and ITALY.

PASTA (Spaghetti, Macaroni) TARANIS: 500g, received a positive answer from ANSES (National Agency for Sanitary Safety of Food, Environment and Labor in FRANCE).

CONFIRMATION OF SALES OF PRODUCT IN EUROPE

We herewith confirm that our product:

PASTA (Spaghetti, macaroni) TARANIS: 500g, is sold in BELGIUM, FRANCE and ITALY (free for patient).

PASTA (Spaghetti, Macaroni) TARANIS: 500g, is sold also in GERMANY, SPAIN, POLAND, SWITZERLAND and NETHERLANDS.

Issued in Torcé, France on September 21th, 2021

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CERTIFICATE OF PRODUCT QUALITY

PRODUCT: TARANIS CAKE : apricot – lemon - pear
Shelf life: 10 months
Packaging: 240g

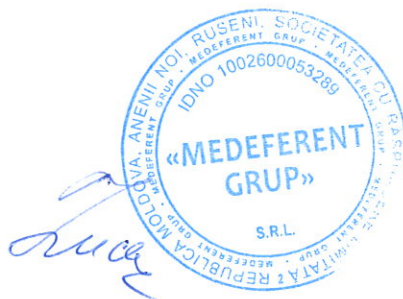
The product is specially intended for diets restricted in protein.

Protein and amino acids composition :
Per 100g of finished product

Item	Unit	Result
Proteins of which	g/100g	0.2
Phenylalanine	mg/100g	5.5
Methionine	mg/100g	4.5
Leucine	mg/100g	12.0
Threonine	mg/100g	5.4
Isoleucine	mg/100g	5.2
Lysine	mg/100g	3.0
Valine	mg/100g	7.3
Cystine	mg/100g	3.6
Tyrosine	mg/100g	3.8
Arginine	mg/100g	7.5

Issued in Torcé, France on September 21st, 2021.

Nutrition Quality Department





CERTIFICATE OF PRODUCT QUALITY

PRODUCT: TARANIS BREAD AND PASTRY MIX
Shelf life: 18 months
Packaging: 1kg

The product is specially intended for diets restricted in protein.

Protein and amino acids composition :

Per 100g of finished product

Item	Unit	Result
Proteins of which	g/100g	0.4
Phenylalanine	mg/100g	20.0
Methionine	mg/100g	10.0
Leucine	mg/100g	30.0
Threonine	mg/100g	20.0
Isoleucine	mg/100g	10.0
Lysine	mg/100g	10.0
Valine	mg/100g	20.0
Cystine	mg/100g	10.0
Tyrosine	mg/100g	20.0
Arginine	mg/100g	20.0

Issued in Torcé, France on September 21st, 2021.

Nutrition Quality Department





CERTIFICATE OF PRODUCT QUALITY

PRODUCT: TARANIS EGG SUBSTITUTE
Shelf life: 18 months
Packaging: 250g

The product is specially intended for diets restricted in protein.

Protein and amino acids composition :
Per 100g of finished product

Item	Unit	Result
Proteins of which	g/100g	0.3
Phenylalanine	mg/100g	12.0
Methionine	mg/100g	7.1
Leucine	mg/100g	24.8
Threonine	mg/100g	8.7
Isoleucine	mg/100g	9.8
Lysine	mg/100g	10.6
Valine	mg/100g	14.2
Tyrosine	mg/100g	7.5
Arginine	mg/100g	12.2

Issued in Torcé, France on September 21st, 2021.

Nutrition Quality Department





CERTIFICATE OF PRODUCT QUALITY

PRODUCT: TARANIS DALIA POWDER
Shelf life: 16 months
Packaging: 400g

The product is specially intended for diets restricted in protein.

Protein and amino acids composition :
Per 100g of finished product

Item	Unit	Result
Proteins of which	g/100g	1.7
Phenylalanine	mg/100g	20.0
Methionine	mg/100g	10.0
Leucine	mg/100g	60.0
Threonine	mg/100g	20.0
Isoleucine	mg/100g	20.0
Lysine	mg/100g	40.0
Valine	mg/100g	30.0
Cystine	mg/100g	10.0
Tyrosine	mg/100g	40.0
Arginine	mg/100g	20.0

Issued in Torcé, France on September 21st, 2021.

Nutrition Quality Department





CERTIFICATE OF PRODUCT QUALITY

PRODUCT: TARANIS PASTA (MACARONI-SHORT
SPAGHETTI) & TARANIS RICE
SUBSTITUTE
Shelf life: 24 months
Packaging: 500g

The product is specially intended for diets restricted in protein.

Protein and amino acids composition :

Per 100g of finished product

Item	Unit	Result
Proteins of which	g/100g	0.1
Phenylalanine	mg/100g	14.2
Methionine	mg/100g	8.5
Leucine	mg/100g	30.6
Threonine	mg/100g	10.1
Isoleucine	mg/100g	11.5
Lysine	mg/100g	13.0
Valine	mg/100g	15.7
Cystine	mg/100g	5.7
Tyrosine	mg/100g	8.0
Arginine	mg/100g	12.4

Issued in Torcé, France on September 21st, 2021.

Nutrition Quality Department



N° 2018/81478.4

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AFNOR Certification certifie que le système de management mis en place par :
AFNOR Certification certifies that the management system implemented by:

JLB PROCESS

pour les activités suivantes :
for the following activities:

FABRICATION ET CONDITIONNEMENT DE PRÉPARATIONS ALIMENTAIRES DIÉTÉTIQUES, DE PRODUITS DE NUTRITION CLINIQUE, DE PRODUITS POUR SPORTIFS, D'ALIMENTS INFANTILES, DE COMPLÉMENTS ALIMENTAIRES ET DE PRÉPARATION ALIMENTAIRES DIVERSES EN POUDRE. FABRICATION DE SEMIS-FINIS EN POUDRE POUR L'INDUSTRIE ALIMENTAIRE. CONDITIONNEMENT DE GEL GLUCIDIQUE ET DE PRÉPARATIONS ALIMENTAIRES LIQUIDES.

Catégorie CIV - Transformation de denrées stables à température ambiante

MANUFACTURING AND PACKAGING OF DIETETIC FOOD PREPARATIONS, CLINICAL NUTRITION PRODUCTS, SPORT NUTRITION PRODUCTS, INFANT FOOD, FOOD SUPPLEMENTS AND VARIOUS FOOD PREPARATION IN POWDER. MANUFACTURING OF SEMI-FINISHED POWDER PRODUCTS FOR THE FOOD INDUSTRY. PACKAGING OF ENERGY GELS AND LIQUID FOOD PREPARATIONS

Category CIV - Processing of ambient stable products

a été évalué et jugé conforme aux exigences requises par :
has been assessed and found to meet the requirements of:

ISO 22000 : 2005

et est déployé sur les sites suivants :
and is developed on the following locations:

ALLEE DES GONSARDS ZI DU BOIS DES LOTS FR-26130 ST PAUL TROIS CHATEAUX

Ce certificat est valable à compter du (année/mois/jour)
This certificate is valid from (year/month/day)

2018-12-20

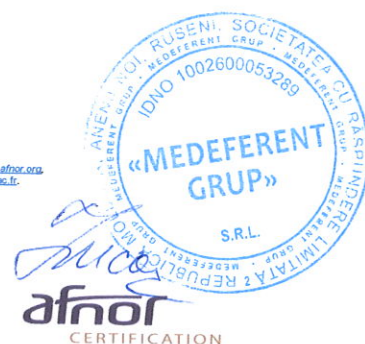
Jusqu'au
Until

2021-12-19



Julien NIZRI
Directeur Général d'AFNOR Certification
Managing Director of AFNOR Certification

Seul le certificat électronique, consultable sur www.afnor.org, fait foi en temps réel de la certification de l'organisme. The electronic certificate only, available at www.afnor.org, attests in real-time that the company is certified. Accreditation COFRAC n° 4-0001, Certification de Systèmes de Management. Portée disponible sur www.cofrac.fr. COFRAC accreditation n° 4-0001, Management Systems Certification. Scope available on www.cofrac.fr. AFAQ est une marque déposée. AFAQ is a registered trademark - CERTI F 0956.9/07-2020





CERTIFICAT GMP GMP CERTIFICATE

Par la présente, nous certifions que les produits TARANIS :

- Dalia en poudre
- Cake Abricot
- Cake Citron
- Cake Poire
- Spaghettis courts
- Macaronis
- Mix pain et pâtisserie
- Substitut de Riz
- Substitut d'oeufs

sont fabriqués dans les usines internes du groupe Lactalis et externes en Europe.
Ces usines respectent les dispositions des règlements européens (CE).
Elles ont établi un plan de maîtrise sanitaire selon les principes de l'HACCP et respectent les bonnes pratiques de fabrication pour leurs activités.

We hereby, certify that TARANIS products :

- *Dalia powder*
- *Cake Apricot*
- *Cake Lemon*
- *Cake Pear*
- *Short spaghetti*
- *Macaronis*
- *Bread & pastry mix*
- *Rice Substitute*
- *Egg Substitute*

are manufactured in Europe in Lactalis group's factories and in external.

The plants respect European Regulations (CE).

The plants have established a sanitary plan on HACCP principles and follow good manufacturing practice (GMP) for her activities.

Fait à Torcé, France, le 21 Septembre, 2021

Issued in Torcé, France on the 21st of September, 2021.

Département Qualité Nutrition
Nutrition Quality Department





LOW-PROTEIN PRODUCTS SWEET PRODUCTS

LEMON FLAVOR CAKES APRICOT FLAVOR CAKES PEAR FLAVOR CAKES

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	1562 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 mmol PO ₄)	64.0 mg (0.67 mmol PO ₄)
Magnesium	4.0 mg (0.17 mmol)	1.6 mg (0.07 mmol)



YUM
YUMMY



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.

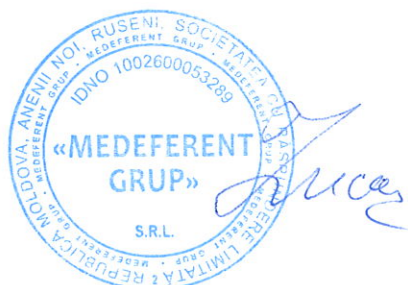
Consume within 24 h after opening the bag.

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.





LOW-PROTEIN PRODUCTS CULINARY AIDS

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:

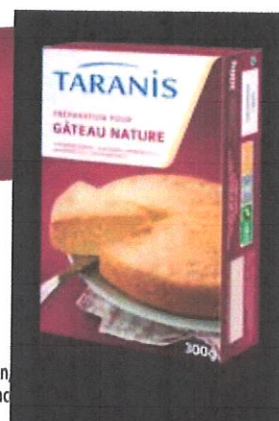
For two loaves:

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 2 greased tins. Let rise for 30 to 45 minutes in a warm place, then bake for 50 minutes at gas mark 6 (180 to 200°C). Add water 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.

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)

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.

Recipes available: www.taranis-nutrition.com

Recipes available: www.taranis-nutrition.com





LOW-PROTEIN PRODUCTS CULINARY AIDS



PANCAKES AND WAFFLES MIX

DESCRIPTION

Food for special medical purposes. Special low-protein, gluten-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 mmol PO 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 + 80 ml 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 / 40 g egg substitute + 160 ml 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 mmol PO ₄)
Magnesium	3.9 mg (0.16 mmol)

Ingredients:

Corn starch, potato starch, thickeners (E 464, E 412), emulsifier (E 472e).

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.

Recipes available: www.taranis-nutrition.com





LOW-PROTEIN PRODUCTS CULINARY AIDS

DALIA LIQUID



DESCRIPTION

Food for special medical purposes. Special low-protein, dietary drink preparation in liquid 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 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.



Recipes available: www.taranis-nutrition.com

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.





LOW-PROTEIN PRODUCTS

SAVOURY PRODUCTS

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 mmol PO 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	160 mg (4.1 mmol)	480 mg (1.2 mmol)
Chloride	423 mg (11.9 mmol)	1269 mg (35.7 mmol)
Calcium	7.6 mg (0.19 mmol)	22.8 mg (0.57 mmol)
Phosphorus	67 mg (0.7 mmol PO ₄)	20.1 mg (0.21 mmol PO ₄)
Magnesium	27 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.

Recipes available: www.taranis-nutrition.com





LOW-PROTEIN PRODUCTS

SAVOURY PRODUCTS

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.

