PROTEIN COUNTED & FREE

Vegetables & Fruit in HCU

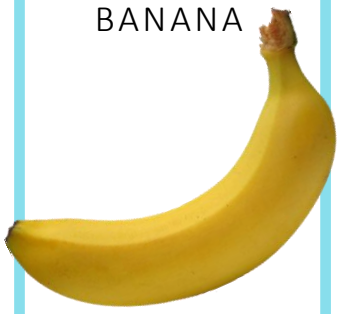
These lists, which are based on methionine content, should be used for counting fruit and vegetables. If a fruit/vegetable comes in packaging with a nutrition information panel (NIP) the following rules apply:

- If it contains only free (uncounted) fruit/vegetable e.g. canned tomatoes with basil, do not count these foods
- If the fruit/vegetable is combined with other foods which you would normally count e.g. with flour in a fruit bar use the value as per the packaging NIP.

Counted Fresh Fruit

Most fresh, frozen & canned fruits do not need to be counted on a low protein diet. Only a small number of fruits need to be counted if eaten in larger amounts. The weight of edible fruit equivalent to <u>one gram</u> (1g) of protein is listed below.

BANANA



85g

CUMQUAT

55g

CUSTARD APPLE

70g

JACKFRUIT

60g

MULBERRY

45g

PASSIONFRUIT PULP

35g

POMEGRANATE SEEDS

55g

QUANDONG

40g

Please note that images pictured do not reflect the weights listed

Counted Dried Fruit

Dried fruits generally contain more methionine than fresh, frozen or canned fruits. If you eat large amounts of any dried fruit not listed below talk to your metabolic dietitian as it may need to be counted. Below, the weight equivalent to one gram (1g) of protein in each dried fruit is listed.

APRICOTS

50g

CURRANTS

35g

FIGS

65g

GOJI BERRIES

25g

RAISINS

55g

SULTANAS

85g

Counted Vegetables

The weights listed for each of the vegetables below is equivalent to one gram (1g) of protein.

ARTICHOKE

45g

AVOCADO

90g

BEAN SPROUTS (MUNG)

50g

BROCCOLI

35g

BROCCOLINI

30g

CAPERS

40g

CAULIFLOWER

80g

CELERIAC

60g

CORN

25g

KALE

70g

MUSHROOMS

60g

PARSNIP

90g

Please note that images pictured do not reflect the weights listed

Counted Vegetables

The weights listed for each of the vegetables below is equivalent to one gram (1g) of protein.

PEAS

30g

PUMPKIN
(EXCEPT JARRAHDALE)

55g

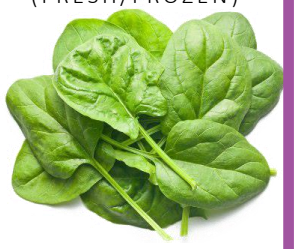
ROCKET

30g

SNOW PEAS

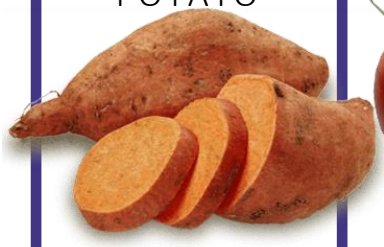
30g

SPINACH
(FRESH/FROZEN)



45g

SWEET
POTATO



65g

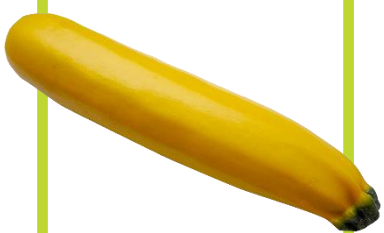
TAMARILLO

50g

TOMATOES
(SUNDRIED)

15g

ZUCCHINI
(GOLDEN)

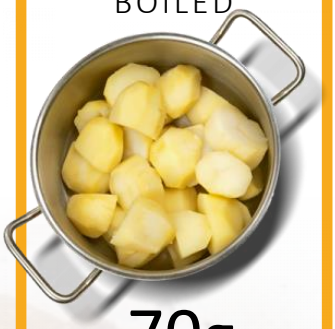


65g

Please note that images pictured do not reflect the weights listed

Potatoes

The methionine content of potatoes depends on the cooking method. The weight of potato equivalent to **one gram** (1g) of protein is listed below.

RAW	BOILED	ROASTED	CHIPS
			
50g	70g	40g	40g

Please note that images pictured do not reflect the weights listed

Examples

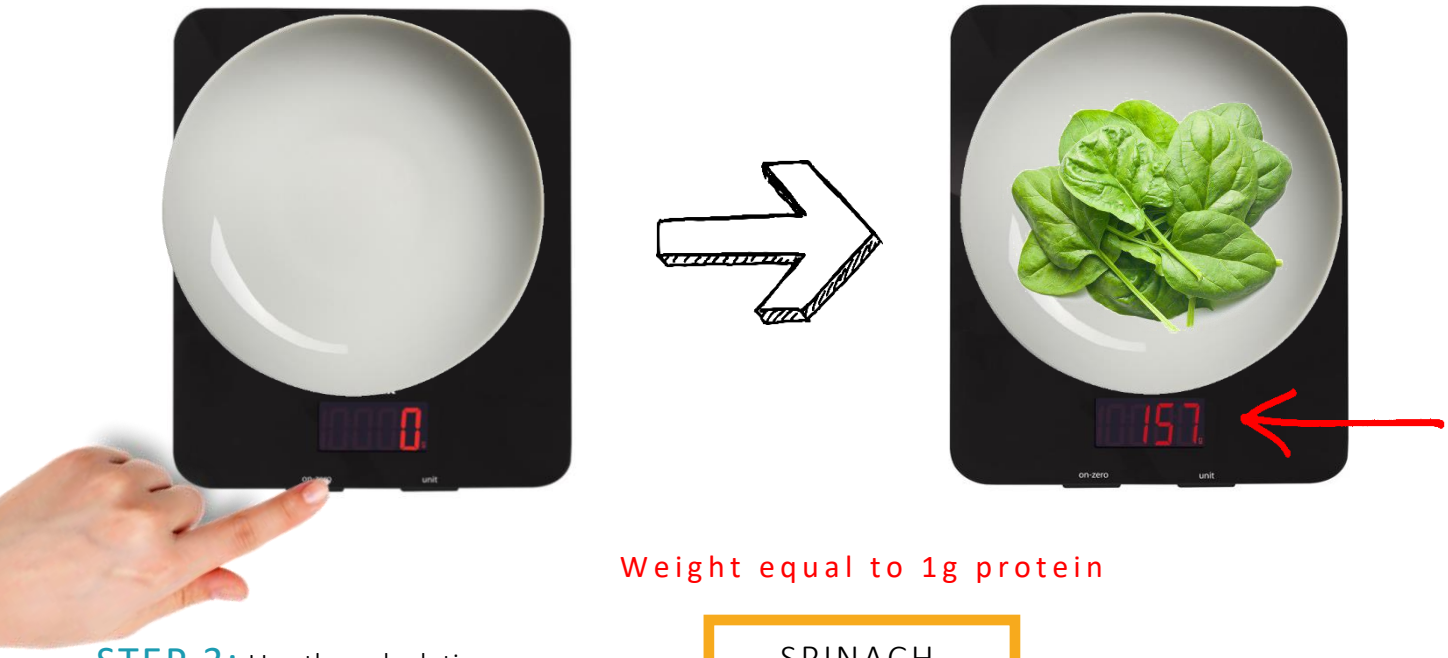
Now that you know the weight of various fruits and vegetables equal to 1g of protein you can use a calculator and kitchen scales to determine how much protein is in your portion size with this calculation:

Weight of fruit or vegetable	÷	Weight equal to 1g protein	=	Grams of protein

Example 1: Spinach

STEP 1: Place a plate or bowl on your kitchen scales and set them to zero (or TARE).

STEP 2: Place the amount of spinach you intend to eat on the scales. In this case it is 157g.

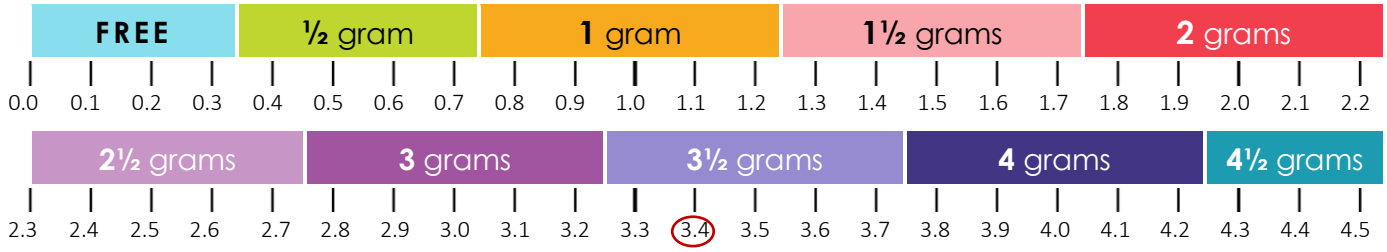


Weight equal to 1g protein

STEP 3: Use the calculation:

Weight of vegetables (g)		SPINACH		Grams of Protein
157	÷	45g	=	3.4888

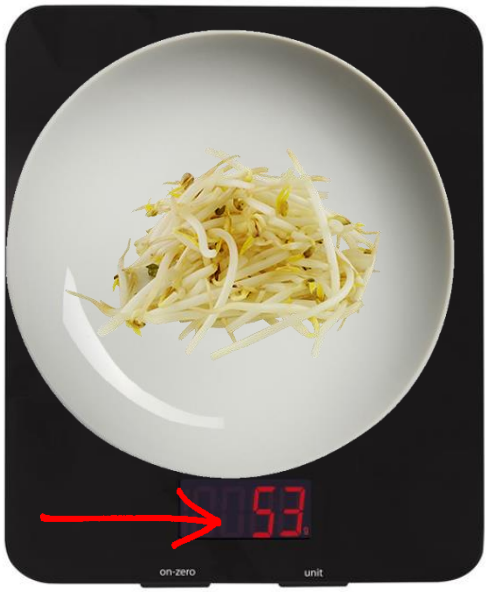
STEP 4: Round to the nearest half gram of protein. If you find this difficult use scale below (you only need to use the first number after the dot, ignore the others). In this example 157g spinach contains 3½ grams (3.5g) of protein.



Examples

Weight of fruit or vegetable	÷	Weight equal to 1g protein	=	Grams of protein

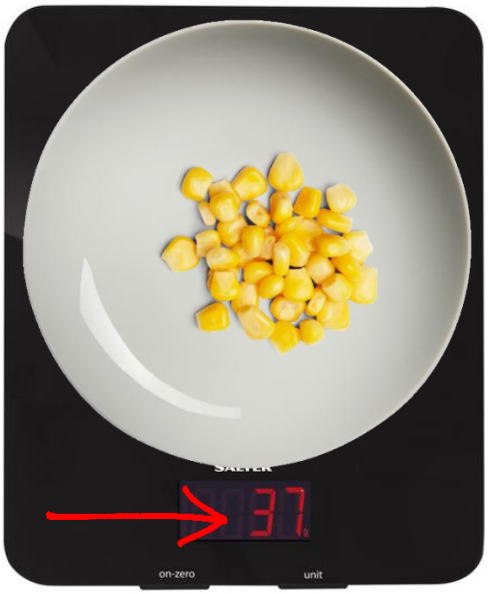
Example 2: Bean Sprouts (Mung)



Weight of vegetables (g): 53 ÷ Weight equal to 1g protein: BEAN SPROUTS (MUNG)  50g =

In this example 53g of mung bean sprouts contains 1 gram (1g) of protein when rounded to the nearest half.

Example 3: Corn kernels

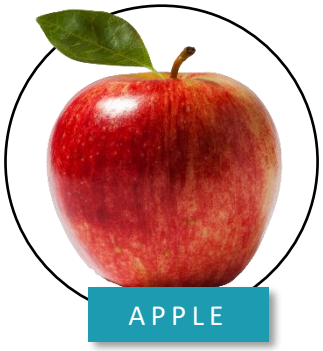


Weight of vegetables (g): 37 ÷ Weight equal to 1g protein: CORN KERNELS  25g =

In this example 37g of corn kernels contains 1½ grams (1.5g) of protein when rounded to the nearest half.

Protein Free Fruit List

The fruits and vegetables in the following lists do not need to be counted on the HCU diet if standard portion sizes are used. Although these foods are classified as “protein free” they still contain small amounts of methionine. If you eat large portions of any of these foods talk to your dietitian about whether this should be counted.


APPLE


APRICOT (FRESH ONLY)


BLACKBERRIES


BLUEBERRIES


CHERRIES


CRANBERRIES (FRESH OR DRIED)


CURRANTS (FRESH ONLY)

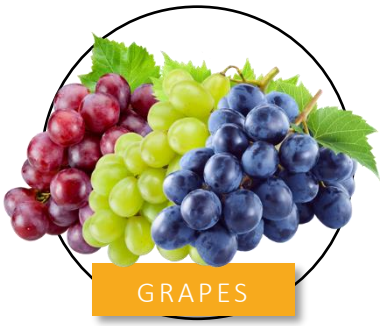

DATES


DRAGON FRUIT


FEIJOA


DURIAN


FIGS (FRESH ONLY)

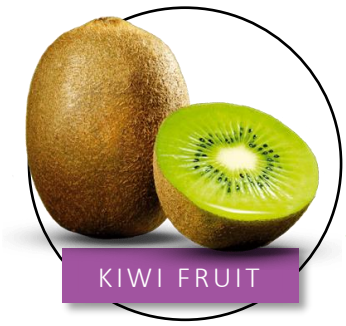

GRAPES


GRAPEFRUIT


GUAVA


HONEYDEW MELON

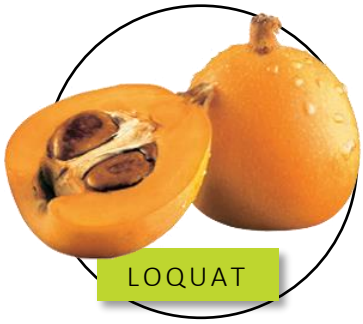
Protein Free Fruit List


KIWI FRUIT


LEMON


LIME


LONGAN

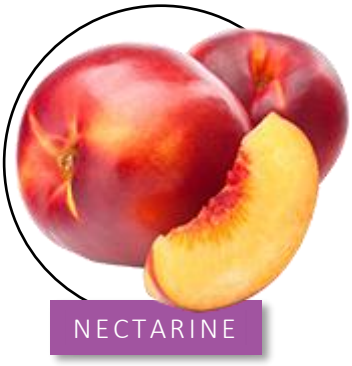

LOQUAT


LYCHEE


MANDARIN

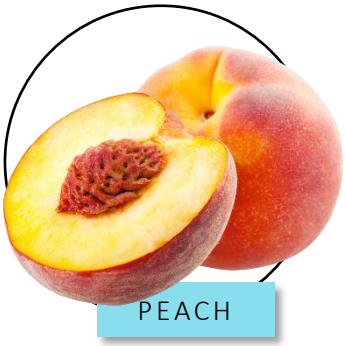

MANGO


MANGOSTEEN


NECTARINE

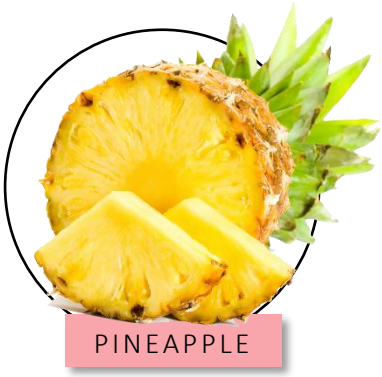

ORANGE


PAWPAW (PAPAYA)

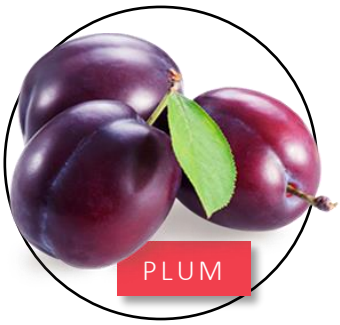

PEACH


PEAR


PERSIMMON


PINEAPPLE

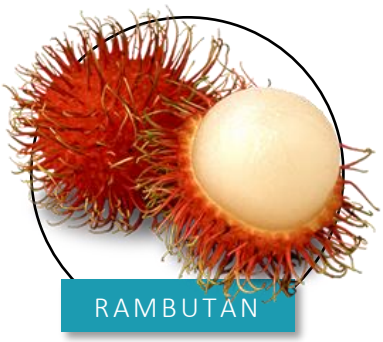
Protein Free Fruit List


PLUM

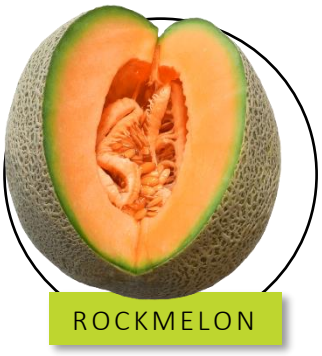

PRICKLY PEAR


PRUNES


QUINCE


RAMBUTAN

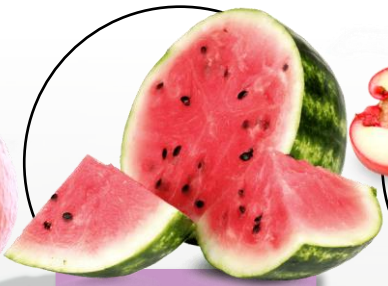

RASPBERRY


ROCKMELON


STAR FRUIT


STRAWBERRIES


TANGELO & TANGARINE


WATERMELON


WAX JAMBU

Protein Free Vegetable List


ASPARAGUS


BAMBOO SHOOTS


BEANS, GREEN


BEETROOT

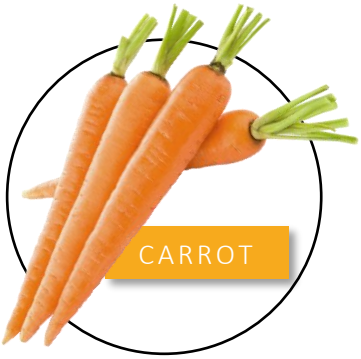

BITTER MELON


BOK CHOY


BRUSSELS SPROUT


CABBAGE


CAPSICUM


CARROT

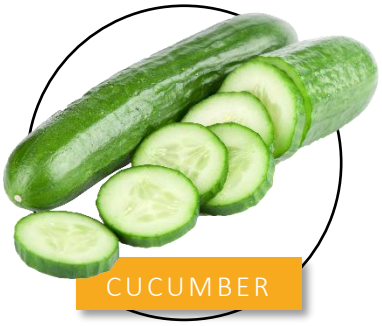

CASSAVA


CELERY


CHICORY


CHILLI

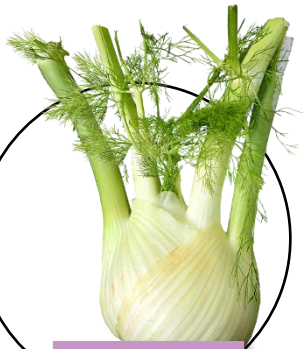

CHOKO


CUCUMBER

Protein Free Vegetable List

EGGPLANT

ENDIVE

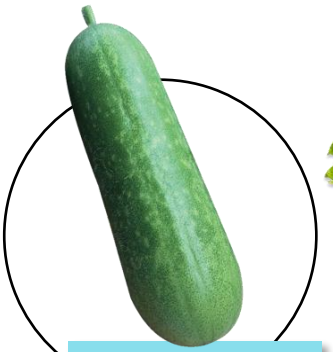


FENNEL

GARLIC

GHERKIN

GINGER

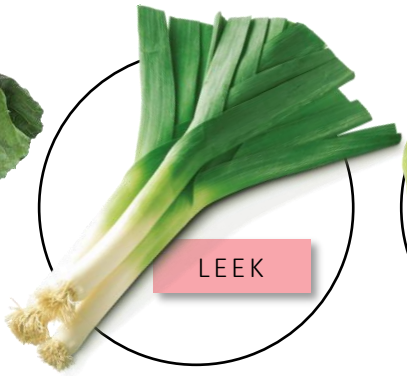


HAIRY MELON

HERBS

If large quantity eaten (e.g. tabouli, basil pesto) ask your dietitian if you need to count

KOHLRABI

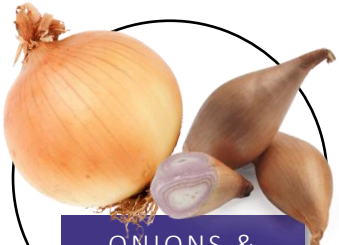


LEEK

LETTUCE

OKRA

OLIVES



ONIONS & ESCHALLOTS

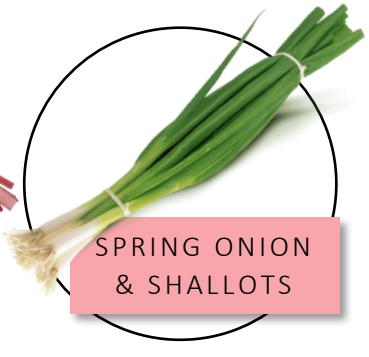
PUMPKIN (JARRAHDALE ONLY)

RADISH

Protein Free Vegetable List


RHUBARB


SILVERBEET

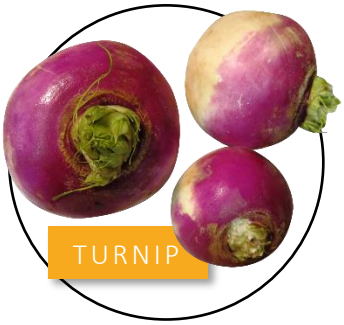

SPRING ONION & SHALLOTS


SQUASH


SWEDE


TARO


TOMATO


TURNIP


WATER CHESTNUT


WATERCRESS


YAM


ZUCCHINI (GREEN ONLY)