PROTEIN COUNTED & FREE

Fruit & Vegetables

These lists can be used for counting fruit and vegetables when there is no nutrition information panel (NIP) available. If the fruit or vegetable is pre-packaged with an NIP (e.g. canned mixed fruit, frozen vegetables), the NIP should be used to calculate protein instead. Please refer to separate label reading information sheet for label reading guidance.

Counted 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. Dried fruits generally contain more protein 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. The weight of edible fruit providing one gram (1g) of protein is listed below.

APRICOT (DRIED)

25g

CUMQUAT

55g

CURRANT (DRIED)

35g

CUSTARD APPLE

70g

DATES

50g

FIGS (DRIED)

30g

GOJI BERRIES

5g

JACKFRUIT

45g

Please note that images pictured do not reflect the weights listed

Counted Fruit

The weights listed for each of the fruits below provides one gram (1g) of protein.

MULBERRY

45g

PASSIONFRUIT PULP

50g

POMEGRANATE SEEDS

55g

PRUNES

45g

QUANDONG

40g

RAISINS

30g

SULTANAS

40g

TAMARILLO

50g

Please note that images pictured do not reflect the weights listed

Counted Vegetables

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

ARTICHOKE

45g

ASPARAGUS

40g

AVOCADO

65g

BEETROOT (FRESH)

50g

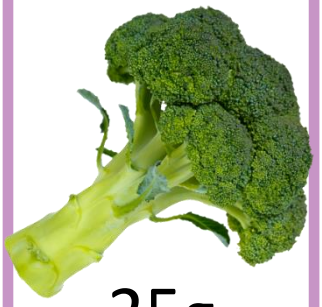
BEANS, GREEN

60g

BOK CHOY

35g

BROCCOLI



25g

BROCCOLINI

30g

BRUSSEL'S SPROUTS

25g

CABBAGE (RED)

45g

CABBAGE (SAVOY)

60g

CAPERS

40g

Please note that images pictured do not reflect the weights listed

Counted Vegetables

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

CAPSICUM

60g

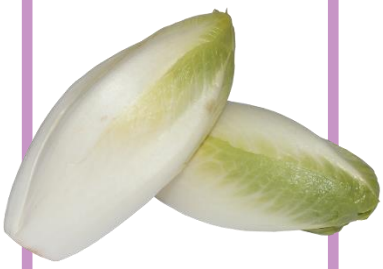
CAULIFLOWER

50g

CELERIAC

60g

CHICORY



50g

CORN KERNELS

30g

EGGPLANT

75g

KALE

25g

KOHLRABI

25g

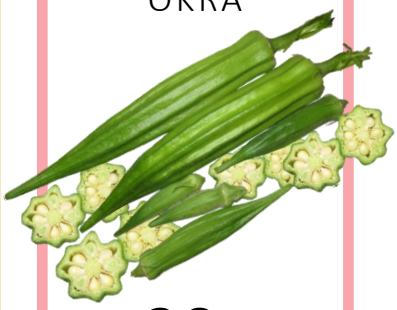
LEEK

45g

MUSHROOMS

35g

OKRA



30g

OLIVES

50g

Please note that images pictured do not reflect the weights listed

Counted Vegetables

The weights listed for each of the vegetables below provides **one gram** (1g) of protein.

PARSNIP

50g

PEAS

20g

PUMPKIN
(EXCEPT JARRAHDALE)

45g

ROCKET

30g

SILVERBEET

60g

SNOW PEAS

30g

SPINACH

35g

SPROUTS
(BEAN / ALFALFA)

30g

SQUASH

40g

SWEET POTATO

50g

TARO

50g

TOMATOES
(SUNDRIED)

10g

Please note that images pictured do not reflect the weights listed

Counted Vegetables

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

WATERCRESS

35g

YAM

30g

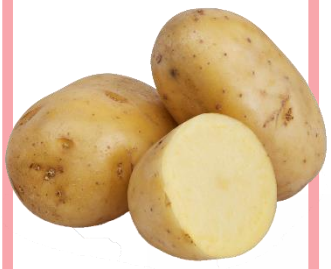
ZUCCHINI (GOLDEN)

40g

Potatoes

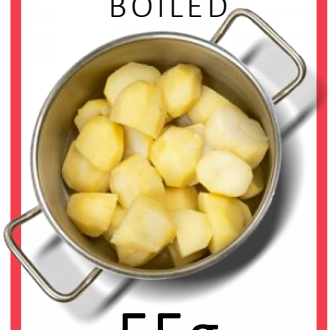
The protein content of potatoes depends on the cooking method. The weight of potato providing one gram (1g) of protein is listed below.

RAW



45g

BOILED



55g

ROASTED

30g

CHIPS

25g

Please note that images pictured do not reflect the weights listed

Examples

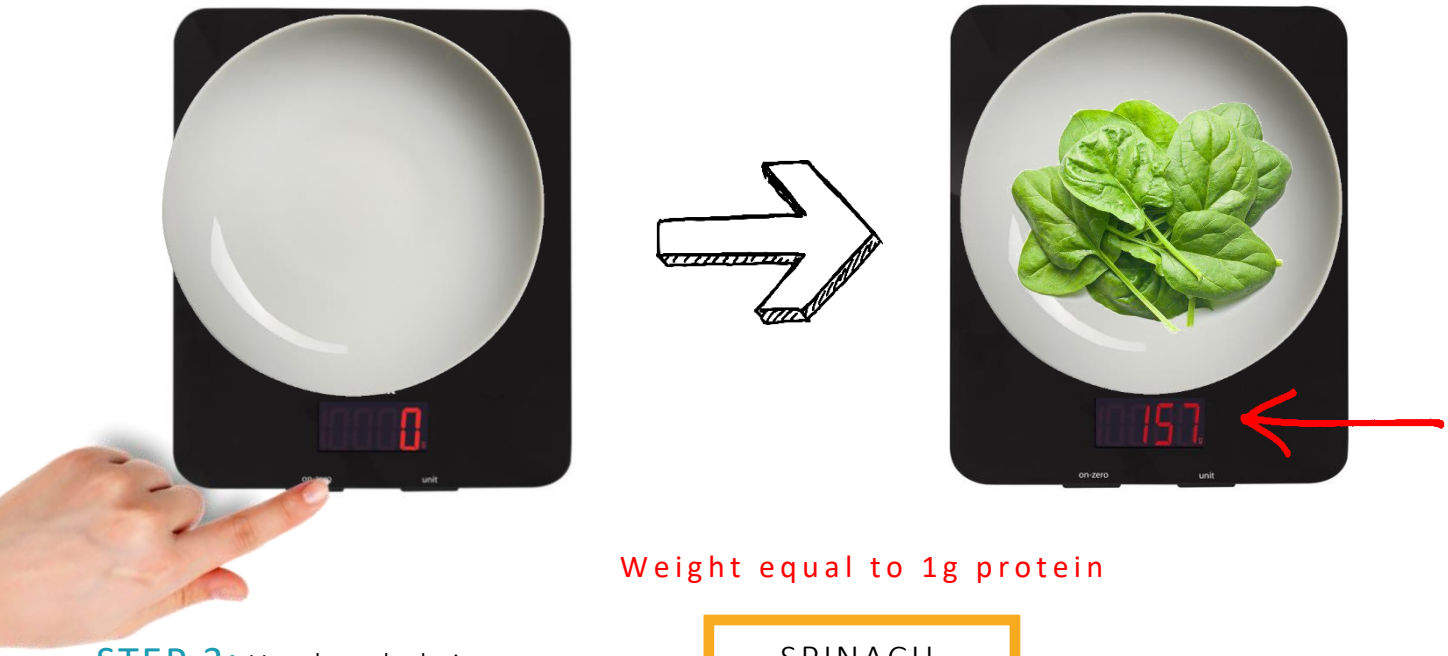
Now that you know the weight of various fruits and vegetables equal to 1g of protein you can use a calculator and kitchen scales to determine how much protein is in your portion size with this calculation:

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.

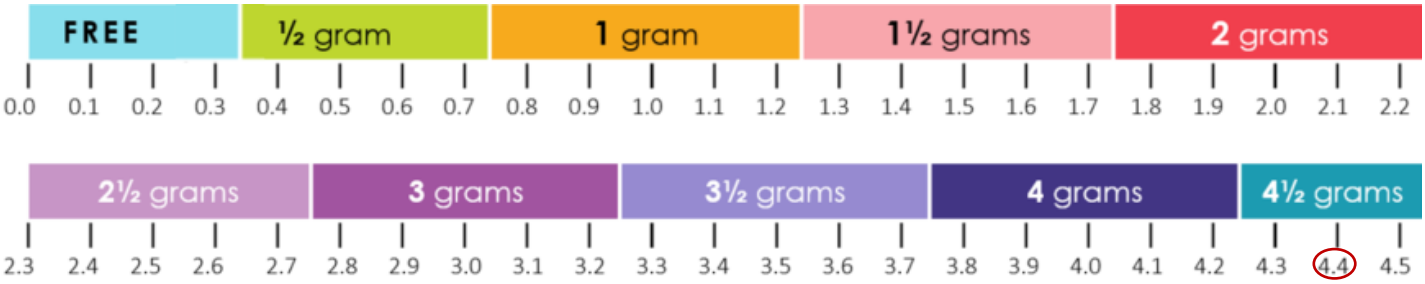


Weight equal to 1g protein

STEP 3: Use the calculation:

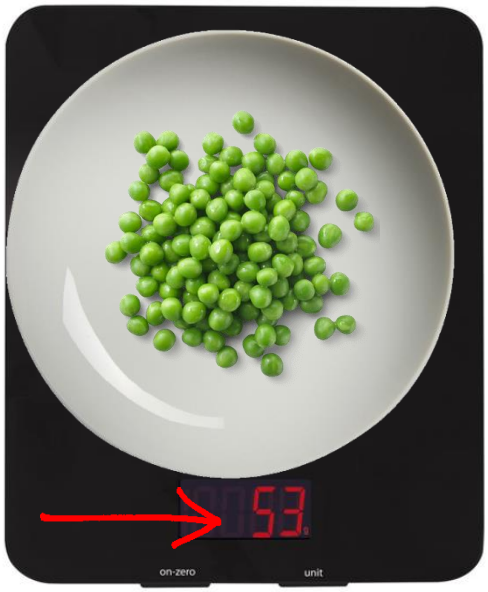
Weight of vegetables (g)	÷	SPINACH  35g	=	Grams of Protein
157				4.4857

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 4½ grams (4.5g) of protein.



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

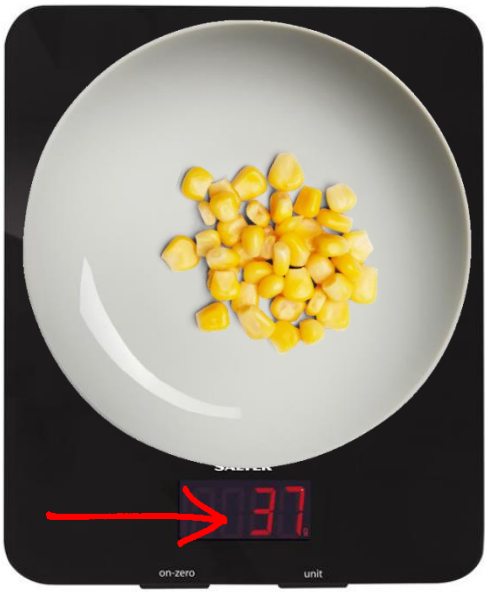
Example 2: Peas



Weight of vegetables (g): 53 ÷ Weight equal to 1g protein: PEAS 15g =

In this example 53g of peas contains 3½ grams (3.5g) of protein when rounded to the nearest half.

Example 3: Corn kernels

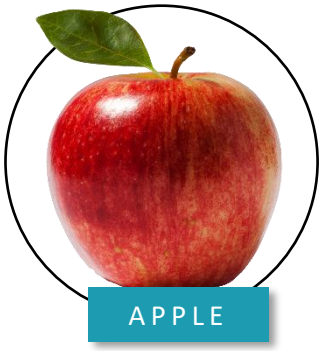


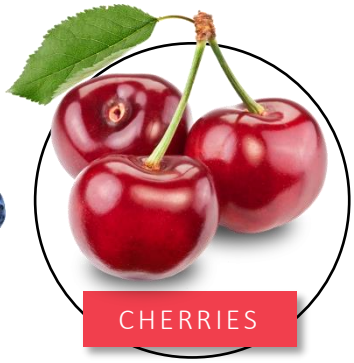
Weight of vegetables (g): 37 ÷ Weight equal to 1g protein: CORN KERNELS 30g =

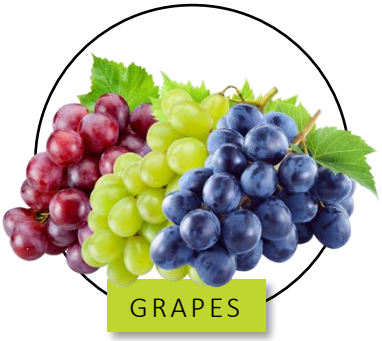
In this example 30g of corn kernels contains 1 gram (1g) of protein when rounded to the nearest half.

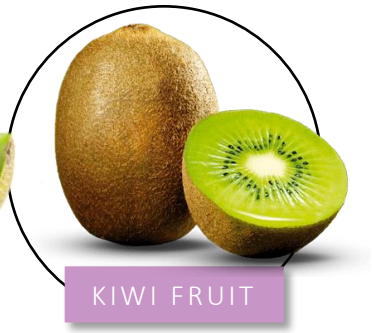
Protein Free Fruit List

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



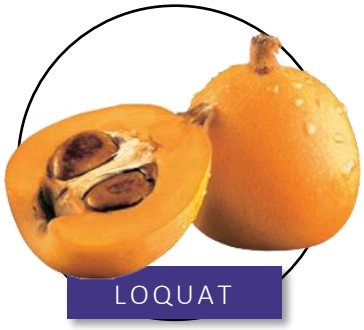






Protein Free Fruit List

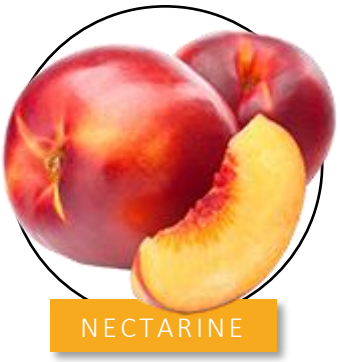

LEMON & LIME

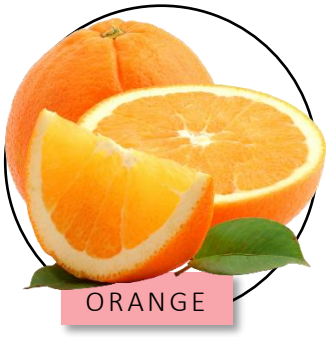

LOQUAT


LYCHEE


MANDARIN

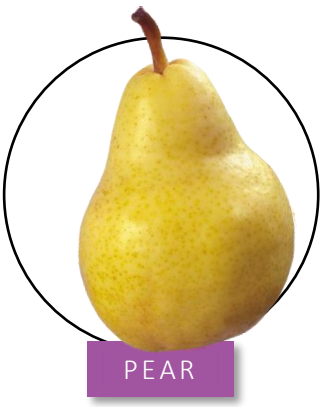

MANGO


NECTARINE


ORANGE

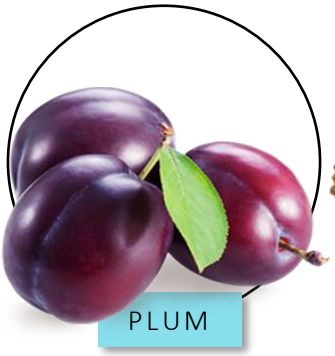

PAWPAW (PAPAYA)

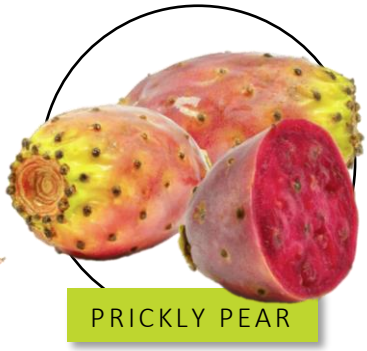

PEACH


PEAR

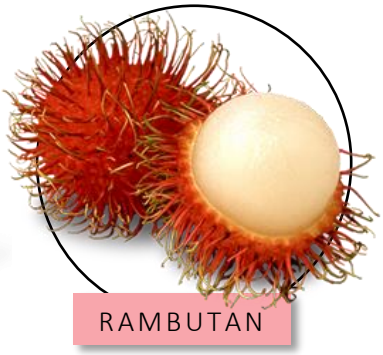

PERSIMMON


PINEAPPLE


PLUM


PRICKLY PEAR


QUINCE


RAMBUTAN

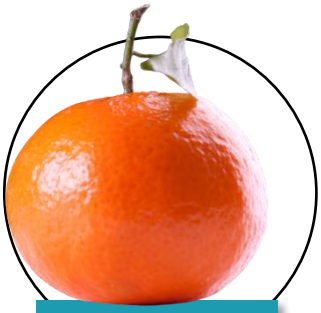
Protein Free Fruit List

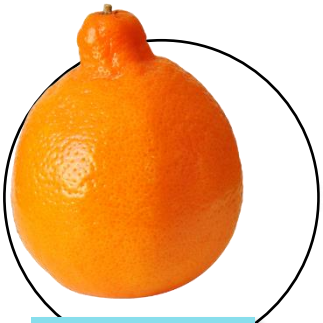

RASPBERRY

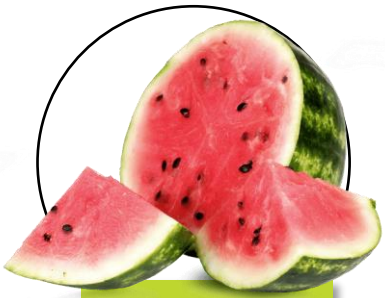

ROCKMELON


STARFRUIT


STRAWBERRY


TANGARINE


TANGELO


WATERMELON


WAX JAMBU

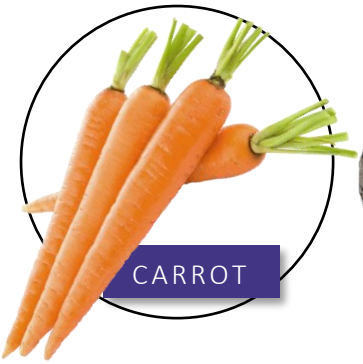
Protein Free Vegetable List

BEETROOT
(CANNED ONLY)


BAMBOO SHOOTS
(CANNED ONLY)

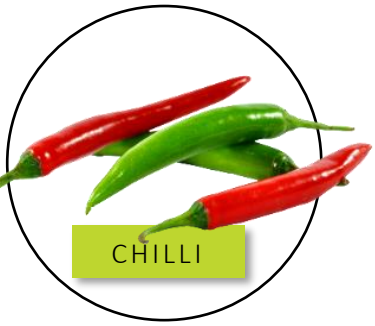

BITTER MELON


CABBAGE
(CHINESE / WHITE)


CARROT


CASSAVA

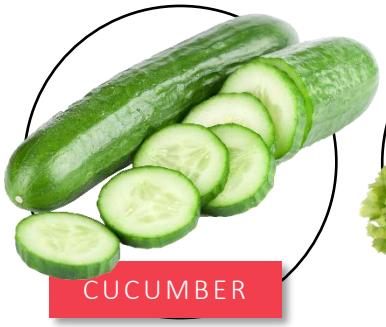

CELERY


CHILLI

Protein Free Vegetable List

CHIVES

CHOKO



CUCUMBER

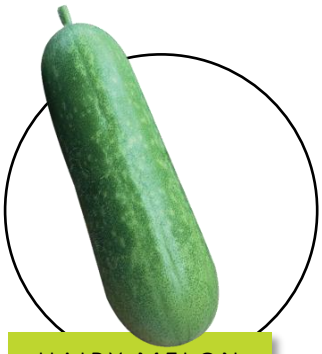
ENDIVE

FENNEL

GARLIC

GHERKIN

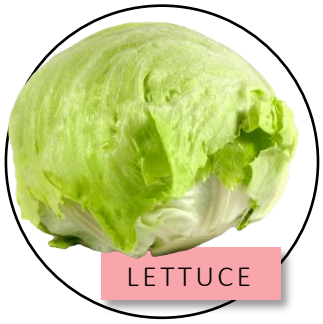
GINGER



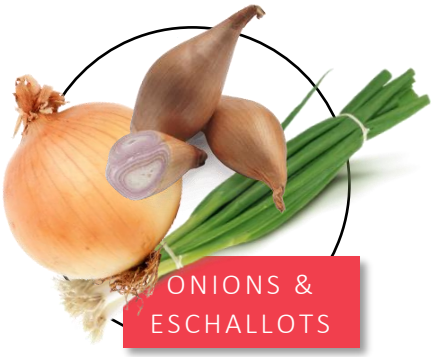
HAIRY MELON

HERBS

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



LETTUCE



ONIONS & ESCHALLOTS

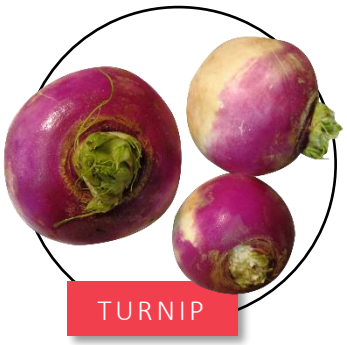
PUMPKIN (JARRAHDALE ONLY)

RHUBARB

RADISH

SWEDE

TOMATO



TURNIP

WATER CHESTNUTS

ZUCCHINI (GREEN ONLY)