

COUNTING PROTEIN

The Metabolic Dietitian will advise you on how much protein to count each day. There is protein in some, but not all foods. To count protein, you will need to use information from food labels and the food lists below.

Using protein lists

Use labels where possible on packaged foods to calculate protein content. It is useful to think of foods as having 3 different levels of protein per serve.

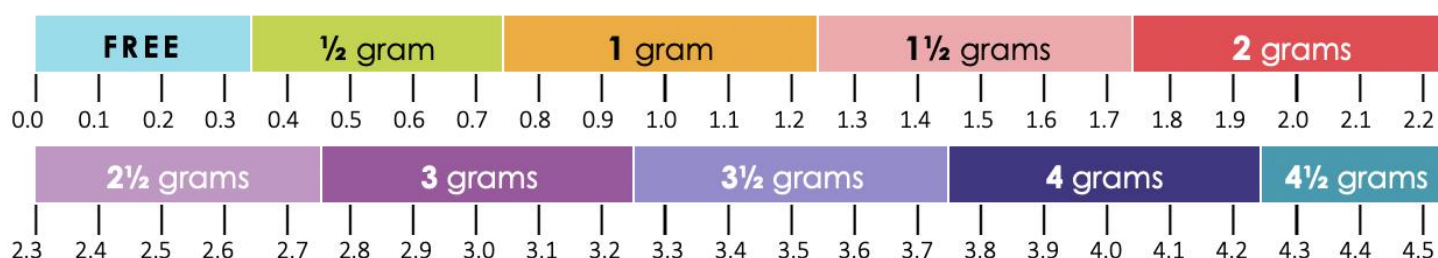
Green: The 'go' foods	These foods contain small quantities of protein and if used in normal volumes are usually allowed without restriction. These foods generally form the bulk of meals and snacks and are important for diet variety. Many fruits and vegetables are green foods. If eaten in large quantities some green foods may need to be counted.
Orange: The 'caution' foods	These foods contain more than 1g protein per serve and need to be counted.
Red: The 'stop' foods	These foods contain large amounts of protein per serve and are not routinely recommended. You may be able to include small quantities if you have a high protein target. Please discuss with your dietitian.

How count to protein

Round to the nearest ½ gram protein

Round any values you have calculated to the nearest half gram. For example, 2.4g protein is counted as 2.5g OR 1.2g protein is counted as 1g.

If you find this difficult use scale below:



If a food contains 0.3g protein or less per serve it does not need to be counted. It is considered a 'green' food. Any food containing 0.4g protein or more per serve needs to be counted. Always check the serve size given on the package and compare to the amount you are eating.

PROTEIN UNCOUNTED FOODS

The 'free' foods

Flours, grains, breads, noodles and baking

Most standard flours, grains, pasta and foods made from them are quite high in protein and need to be counted. The following do not need to be counted in a low protein diet. However, if you eat large portions of any of these foods talk to your dietitian about whether this should be counted.

These are just examples of brands, there are many other brands and types of products. Please discuss with your dietitian how to order.



LOW PROTEIN
PURPOSE FLOUR



LOW PROTEIN
BAKING MIX



LOW PROTEIN RICE



LOW PROTEIN
PENNE PASTA



LOW PROTEIN
LOOPS



PLATYPUS
FLOUR MIX



LOW PROTEIN
BREAD LOAF



LOW PROTEIN
SPAGHETTI



LOW PROTEIN
BISCUITS



LOW PROTEIN
FRUIT BAR



LOW PROTEIN
CRACKERS



LOW PROTEIN
PIZZA BASE

Flours, grains, breads, noodles and baking continued



ARROWROOT
FLOUR



BAKING POWDER
& SODA



BEAN THREAD
VERMICELLI



CORNFLOUR



CREAM OF
TARTAR



CUSTARD
POWDER



EGG REPLACER



ESSENCES



FOOD COLOURS



SAGO



TAPIOCA FLOUR

Seasonings, stocks, sauces and condiments

The following are low in protein and do not need to be counted in normal amounts. Please check all food labels before using products.

(No specific brands are recommended)



CURRY
POWDER/PASTE



BARBEQUE
SAUCE



DRESSINGS (SALAD)

French, Italian, Coleslaw, 1000 island



FRUIT CHUTNEY



GRAVY POWDER



MUSTARD



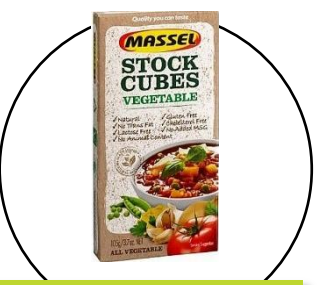
PASTA SAUCE



SALT & PEPPER



SPICES & HERBS



VEGETABLE STOCK



VINEGAR



WORCESTERSHIRE
SAUCE

Fats and oils

The following contain very low amounts of protein.

(No specific brands are recommended)



COPHA



GHEE



MARGARINE



OIL & COOKING
OIL

Milk substitute products

These milk substitutes' products can be used as a base with cereal, baking recipes, custards and puddings. Please check all food labels before using products.



COFFEEMATE



LOPROFIN
MILK



PRO ZERO*



SNO-PRO MILK*

**These products require a script from your doctor, please talk to your Dietitian if you would like to use them*

Drinks

Water is the best drink.

Juice, soft drinks and cordials can reduce appetite for food and can increase risk of dental decay. They are best kept to being a 'sometimes' drink.

Some fruit juices contain protein and need to be limited. It is better to drink water and eat fruit.

(No specific brands are recommended)



CORDIAL



FLAVOURED
MINERAL WATER



FRUIT JUICE



STRAWBERRY
NESQUIK



SIPPAH STRAWS



SOFT DRINK



TEA & COFFEE

Note about alcoholic drinks:

Alcoholic drinks only suitable after 18yrs, however can be used in cooking

Beer needs to be counted

All wine, port, sherry, spirits have little or no protein.

Sugar, desserts and lollies

The following contain very little protein and maybe used as a 'sometimes' food.

Please be aware that jelly thickened with vegetable gum (not gelatine) has very little protein. Check the ingredient list; the numbers 406, 407, 410, 412, 414, 415, 416 are vegetable gums. Ready-made jellies (stored in the refrigerator cabinet) are usually set with vegetable gum.

(No specific brands are recommended)



GOLDEN SYRUP



HONEY



ICE-BLOCK

Without cream or milk



ICE CREAM
TOPPINGS



JAM



JELLY

See note above



READY-MADE
JELLY



LOLLIES

Without cream or milk



LOW
PROTEIN
CHOCOLATE



MAPLE SYRUP



MARMALADE



TREACLE

Ask Dietitian about ordering

PROTEIN CONTAINING FOODS

The 'counted' foods

Bread, cakes & pastry

Low protein versions are better choices for most people requiring a protein restricted diet. Remember, if your child becomes familiar with the taste of ordinary bread or similar products, they may not eat the low protein varieties.

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

Use the nutrition label on packaging where possible.

BREAD
(LEBANESE)



12g

BREAD



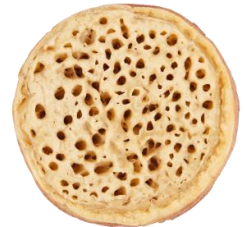
10g

BREADCRUMBS



7g

CRUMPET



20g

PASTRY FILO
(RAW)



10g

PASTRY
SHORTCRUST
(RAW)



18g

BARLEY
PEARL
(BOILED)



24g

BULGAR
(BOILED)



19g

COCONUT
(DESSICATED)



15g

COUSCOUS
(BOILED)



16g

FLOUR
(WHITE OR
WHOLEMEAL)



9g

NOODLES
(RICE STICK,
BOILED)



40g

Bread, cakes & pastry continued

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

NOODLES
(HOKKIEN BOILED)



16g

PASTA
(RAW WHITE)



8g

PASTA
(BOILED)



19g

POLENTA
(BOILED)



38g

POPCORN



11g

RICE BROWN
(BOILED)



24g

RICE FLOUR
(RAW)



13g

RICE WHITE
(BOILED)



32g

RICE WHITE
(RAW)



14g

ROLLED OATS



8g

SEMOLINA
(BOILED)

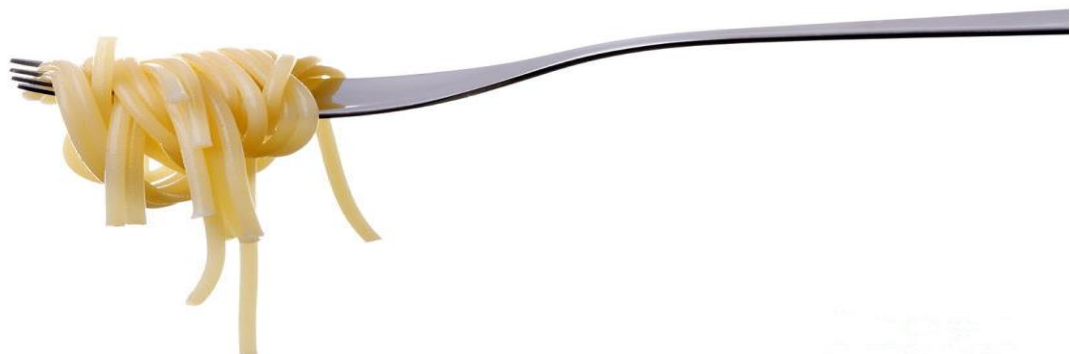


9g

QUINOA
(BOILED)



28g



Please note that images pictured do not reflect the weights listed

Condiments & sauces

The weights listed for each of the condiments and sauces below is equivalent to one gram (1g) of protein (*no specific brands have been recommended except vegemite and marmite*). Use the nutrition label on packaging where possible.

MARMITE



8g

MUSTARD



17g

SOY SAUCE



19g

VEGEMITE



4g

Cream

The weights listed for each of the creams below is equivalent to one gram (1g) of protein (*no specific brands have been recommended*). Use the nutrition label on packaging where possible.

Reduced fat butter blends and cream are usually higher in protein compared to the full fat products.

BUTTER



91g

COCONUT
CREAM



63g

CREAM
(PURE, UHT or
THICKENED)



50g

CREAM
(REDUCED FAT)



33g

CREAM
(DOUBLE THICK)



65g

IMITATION
CREAM
(NON-DIARY)



100g

SOUR CREAM



53g

SOUR CREAM
(LIGHT)



28g

Drinks

The weights listed for each of the drinks below is equivalent to one gram (1g) of protein. Please check the labels especially for the milk substitute drinks as most will vary in protein content.

These drinks need to be counted. Choose low protein alternatives.

ALMOND MILK



150ml

COCOA



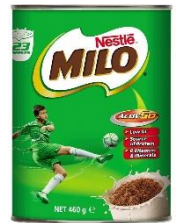
5g

COCONUT MILK



100ml

MILO



8g

CHOCOLATE
NESQUIK



22g

RICE MILK



330ml

Alcoholic drinks

The measurements listed for each of the alcoholic drinks below is equivalent to **one gram** (1g) of protein.

The legal drinking age in Australia and New Zealand is 18.

Milk, egg or cream-based drinks are generally high in protein – they are not labelled in the way foods are, so it is difficult to calculate how much protein they contain.



HIGH PROTEIN FOODS

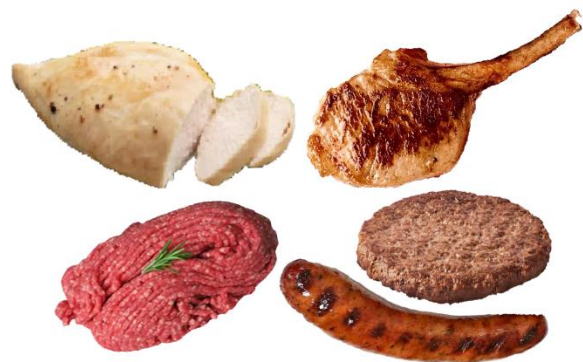
The 'STOP' foods



Most people on a low protein diet will not be able to have these foods. Contact your dietitian if you would like to discuss further.



Fish and seafood



Meat

beef, lamb, pork, veal, kangaroo, chicken, other poultry, rabbit



Soy products

soy milk, tofu, soy custard, soy yoghurt



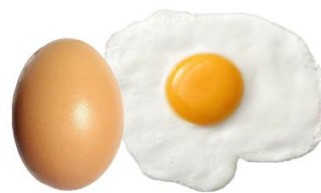
Legumes

soy beans (edamame), chick peas, beans, lentils



Dairy

yoghurt, cheese, cows milk, custard



Egg



Nuts

whole nuts, nut butters, nut meals or flours
e.g. almond meal

Counted foods

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

BAKED BEANS
(CANNED)



20g

CHICKPEAS
(CANNED, DRAINED)



14g

EGG
(WHOLE RAW)



8g

CHEESE
(CHEDDAR)



4g

BEEF
(RAW, ALL CUTS)



4g

CHICKEN
(RAW)



4g

FISH
(RAW)



5g

SAUSAGE
(BEEF RAW)



7g

MIXED NUTS



5g

PEANUT
BUTTER



4g

CHOCOLATE
(MILK)



13g

LIQUORICE



20g