

Protein Exchange

Eating the Right Amount of Protein

Why is protein important?



Keeps your muscles strong











Repairs your tissue



Helps you to prevent and fight infections

What are the sources of protein food?

There are 2 types of protein food:

Animal protein		Plant protein	
			
Fish and seafood	Poultry and meat	Wholegrains	Nuts and seeds
			
Eggs	Dairy products	Legumes (e.g. beans, lentils)	Soy products

How much protein do I need?

Each person has different protein needs. Your dietitian will advise you on the amount or EXCHANGES of protein you need every day. You should space your protein throughout the day for better absorption!



What does 1 exchange of protein look like?

Each of the following foods contain 1 exchange (7g) of protein and can be exchanged for one another.

Meat/ Fish/ Poultry (without bones and skin)



1 matchbox size
40g raw (30g cooked)



2 tablespoons
40g raw (30g cooked)

Shellfish (no shell)



4 medium prawns
50g raw (40g cooked)



1 medium squid
50g raw (40g cooked)

Egg



2 egg whites (50-60g)



1 medium egg (70g)

Beancurd/ Tempeh



1/3 block soft tofu
(90-100g)



1/2 square taukwa
(60g)



1 piece tempeh
(50g)

Legumes (Lentils/ Beans/ Peas)



2 tablespoons or 1/4 cup
(30g raw)



3 tablespoons or 1/2 cup
(90g cooked)

Milk/ Soymilk/ Yogurt/ Cheese



1 cup milk/
soymilk (250ml)



1.5 slices
cheese (30g)



4 tablespoons
milk powder (30-40g)



1 small tub
yogurt (150ml)

Nuts/ Seeds (plain, unsalted)



1/4 cup or 1 small handful (30g)



2 tablespoons nut butter (30g)

Protein Powders



1 scoop Myotein/ Propass/ Beneprotein (contains 5-6g protein)

Contributed by Nutrition & Dietetics Service, Allied Health Services

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