

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

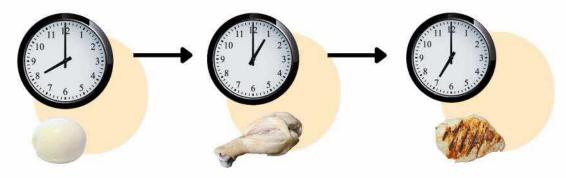
What are the sources of protein food?

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 <u>EXCHANGES</u> 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)



½ square taukwa (60g)



1 piece tempeh (50g)

Legumes (Lentils/ Beans/ Peas)



2 tablespoons or ¼ cup (30g raw)



3 tablespoons or ½ cup (90g cooked)

Milk/ Soymilk/ Yogurt/ Cheese



1 cup milk/ soymilk (250ml)



1.5 slices cheese (30q)



4 tablespoons milk powder (30-40g)



1 small tub yogurt (150ml)

Nuts/ Seeds (plain, unsalted)



¼ 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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