

PROTEIN COUNT SHEET

THE GREAT PROTEIN CHALLENGE

FEB 2019

CAN YOU EAT UNDER 10 GRAMS OF PROTEIN A DAY?

PROTEIN COUNTING LIST (Grams of Protein)

DRIED FRUITS	Protein
Apricot (dried, 10 halves - 50g)	1.00
Banana Chips (dried, 1/4 cup - 25g)	0.50
Date (dried, 1 cup - 104g)	1.00
Fig (dried, 3 figs - 45g)	1.00
Mixed Fruit (dried, 1/2 cup - 88g)	1.00
Raisin (dried, 2 tbs - 70g)	1.00
Sultana (dried, 4 tbs - 80g)	1.00

FRESH FRUITS	Protein
Avocado (half - 80g)	1.00
Banana (fresh, 1 banana, 140g skin off)	2.00
Berries (strawberries, raspberries, blueberries) (protein not counted)	0.00
Cantaloupe (protein not counted)	0.00
Citrus fruits (lemons, limes) (protein not counted)	0.00
Grapes (protein not counted)	0.00
Mulberry (fresh, 1 cup - 130g)	1.50
Other fruits (protein not counted)	0.00
Pineapple (protein not counted)	0.00
Pomegranate (fresh, 1/2 fruit - 120g)	1.50
Tomato (protein not counted)	0.00
Watermelon (protein not counted)	0.00

VEGETABLES	Protein
Artichoke (protein not counted)	0.00
Asparagus (spears, 3 spears - 50g)	0.50
Bean sprouts (1/2 cup - 45g)	1.00
Beetroot (protein not counted)	0.00
Bok choy (protein not counted)	0.00
Broccoli (cluster - 45g)	1.50
Brussel sprouts (4 sprouts - 75g)	1.00
Cabbage (protein not counted)	0.00
Capsicum (protein not counted)	0.00
Carrots (protein not counted)	0.00
Cauliflower (cluster - 70g)	1.00
Celeriac (1/2 veg - 120g)	1.00
Celery (protein not counted)	0.00
Corn creamed (1/4 cup - 65g)	1.00
Corn kernels (1/4 cup - 44g)	1.00

VEGETABLES (Cont.)	Protein
Corn, baby (8 spears - 130g)	2.00
Cucumber (protein not counted)	0.00
Eggplant (protein not counted)	0.00
Leek (protein not counted)	0.00
Lettuce (protein not counted)	0.00
Mushroom (1 cup - 80g)	1.50
Onion (protein not counted)	0.00
Parsnip (protein not counted)	0.00
Peas, green (2 tbs - 27g)	1.00
Peas, snow/sugar snap (8 pods - 26g)	0.50
Potato cake/scallop (1 fried cake/scallop - 96g)	4.00
Potato chips, takeaway/oven fried (1 cup - 95g)	3.50
Potato hash brown (1 hash - 110g)	2.00
Potato salad (1 cup - 180g)	2.50
Potato, raw/boiled/baked/roasted (1 medium - 120g)	2.50
Pumpkin, baked (1 small piece - 30g)	0.50
Pumpkin, raw/boiled (1/2 cup - 70g)	1.00
Spinach English, raw (1 cup - 35g)	1.00
Spinach, frozen/boiled (1/4 cup - 45g)	1.50
Sweet potato, orange, raw/boiled/roasted (1 small piece - 50g)	1.00
Sweet potato, orange, roasted (1 small piece - 40g)	1.00
Zucchini (protein not counted)	0.00

BEANS AND LEGUMES	Protein
Bean haricot (1/2 cup - 85g)	8.50
Bean, broad (1/4 cup - 42g)	2.00
Bean, Lima (1/2 cup - 85g)	6.50
Bean, mixed (1/4 cup - 50g)	4.00
Bean, red kidney (1/4 cup - 48g)	3.50
Bean, soya (1/4 cup - 49g)	5.00
Beans, baked (1/2 cup - 138g)	7.50
Chickpea (1/4 cup - 46g)	3.00
Lentil, boiled (1/4 cup - 50g)	3.50
Lentil, uncooked (1.5 tbs - 20g)	5.00
Split pea (1/4 cup - 49g)	2.50

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FLOURS, GRAINS, PASTA AND CEREALS	Protein
Arrowroot (protein not counted)	0.00
Baking powder, baking soda, cream of tartar (protein not counted)	0.00
Barley, pearl, cooked (1/2 cup - 90g)	3.00
Barley, pearl, raw (2 tbs - 30g)	3.00
Bean thread vermicelli (check food labels)	0.00
Bulgur, cooked (1/2 cup - 133g)	4.00
Bulgur, cracked wheat, dry (1/4 cup - 40g)	4.50
Coconut, desiccated (1/2 cup - 40g)	2.50
Cornflour (protein not counted)	0.00
Couscous, cooked (1/2 cup-70g) check labels	2.50
Couscous, dry (1/4 cup - 46g)	6.00
Custard powder (Check labels)	0.00
Egg replacer (protein not counted)	0.00
Flour, white/wholemeal/plain/self-raising (1/2 cup - 70g)	7.50
Noodles, rice (cooked) (1 cup - 300g) check labels	5.00
Oat bran unprocessed (1 tbs - 11g)	2.00
Pasta cooked (white, wholemeal) (1/2 cup - 75g) check labels	3.00
Polenta (cooked) (1/2 cup-100g) check labels	3.00
Potato flour (2 cups - 300g) (check labels)	1.00
Quinoa (cooked) (1/2 cup - 100g)	5.50
Rice brown (1 tbs - 20g)	1.50
Rice brown (cooked) (1/2 cup - 100g)	3.00
Rice flour (1/2 cup - 83g)	5.00
Rice white (1 tbs - 20g)	1.50
Rice white (cooked) (1/2 cup - 100g)	2.00
Rolled oats (1/4 cup - 24g)	3.00
Sago (protein not counted)	0.00
Semolina (1 tbs - 20g)	2.00
Tapioca (protein not counted)	0.00
Wheat bran (1 tbs - 6g)	1.00
Wheat germ (1 tbs - 10g)	1.50

FATS AND OILS	Protein
Bacon fat, no rind or bacon meat (protein not counted)	0.00
Butter (protein not counted)	0.00
Cooking fat (protein not counted)	0.00
Copha (protein not counted)	0.00
Ghee (protein not counted)	0.00
Margarine (protein not counted)	0.00
Oil (protein not counted)	0.00

IMPORTANT: Aspartame must be avoided as contains high doses of phenylalanine.

SEASONING, STOCKS, SAUCES AND CONDIMENTS	Protein
Chutney, fruit/pickles (check food labels)	0.00
Coconut milk (check food labels if used in large amounts)	0.00
Curry powder and pastes (check food labels)	0.00
Gravy, powder/ready-made (check food labels)	0.00
Marmite (1 tsp - 6g)	1.00
Marzipan (1cm slice - 15g)	1.00
Mustard (protein not counted)	0.00
Mustard, dry (1 tbs -8g)	2.50
Mustard, paste (1 tbs - 22g)	1.50
Ready-made pasta and casserole sauces (check food labels)	0.00
Peanut butter (1 tbs - 25g)	7.50
Salad dressings (check food labels)	0.00
Salt, pepper, herbs and spices (protein not counted)	0.00
Sauce, Tomato/Barbeque/Worcestershire (protein not counted)	0.00
Sauces, casserole (check food labels)	0.00
Soy sauce (1 tbs - 24g)	1.50
Stock, cubes/powder (check food labels)	0.00
Tomato puree, paste, sauce (check food labels)	0.00
Vegemite (1 tsp - 6g)	1.00
Vinegar (protein not counted)	0.00

SUGAR, SNACK FOODS, CONFECTIONARY, ICE-CREAMS AND DESSERTS	Protein
Chocolate, dark (6 squares - 29g)	2.00
Chocolate, milk (6 squares - 29g)	2.50
Fairy Floss (protein not counted)	0.00
Gelatine (1 tbs - 13g)	6.50
Golden Syrup (protein not counted)	0.00
Honey (protein not counted)	0.00
Ice-cream - 1 scoop (check food labels)	1.00
Ice-cream cones (1 cone)	0.50
Ice-cream topping (protein not counted)	0.00
Icy pole (protein not counted)	0.00
Jam (protein not counted)	0.00
Jelly, crystals (w/gelatine) (1 packet - 85g)	6.00
Jelly, made-up (w/gelatine) (1 cup - 280g)	3.00
Lollies (check food labels)	0.00
Maple Syrup (protein not counted)	0.00
Marmalade (protein not counted)	0.00
Popcorn, home-made (1 cup)	1.50
Sugar, all (protein not counted)	0.00
Toffee (protein not counted)	0.00
Treacle (protein not counted)	0.00

CREAMS	Protein
Coconut cream (1/4 cup - 62g)	1.00
Cream rich, double thick (3 tbs - 60g)	1.00
Cream sour, full fat (2 tbs - 40g)	1.00
Cream sour, light (1 tbs - 20g)	1.00
Cream thickened, pure/UHT (2 tbs - 40g)	1.00
Cream thickened, reduced fat (1.5tbs - 30g)	1.00
Cream, whipped/aerosol (1/3 cup - 17g)	0.50

DRINKS	Protein
Beer, Lite (375ml can)	1.00
Black coffee (protein not counted)	0.00
Black Tea (protein not counted)	0.00
Cocoa, powder (1 tbs - 7g)	1.50
Cordial (non diet) (protein not counted)	0.00
Juice, (tomato/vegetable) (1 cup)	1.00
Milk, full cream/liquid (1 cup)	10.00
Malted Milk, powder (1 tbs - 10g)	1.00
Milo, powder (1 tbs)	1.00
Mineral water (non diet) (protein not counted)	0.00
Ovaltine, powder (1 tbs)	1.00
Port (check labels)	0.50
Sherry (check labels)	0.50
Soda water (non diet) (protein not counted)	0.00
Soft drinks (non diet) (protein not counted)	0.00
Spirits, Rum/whiskey/gin/vodka (check labels)	0.00
Stout (375ml bottle)	2.50
Wine, Red/white/sparkling/coolers - 2 glasses (check labels)	0.50

Units are stated in grams of Protein.

Calculations are based on the 2017 Australian PKU Guidelines as published by HGSA and endorsed by the Australasian Society of Inborn Errors of Metabolism (ASiEM), and the MDDA.

View the full guidelines here:

<https://www.hgsa.org.au/documents/item/6358>

NUTS AND SEEDS	Protein
Almonds, peanuts (1/4 cup - 36g)	9.00
Cashews (1/4 cup - 30g)	5.00
Nuts mixed (1/4 cup - 40g)	8.50
Peanut butter (1 tbs - 25g)	7.00
Pine nut (1 tbs - 14g)	2.00
Sesame seeds (1 tbs - 9g)	2.50
Sunflower/Pumpkin seeds (1 tbs - 11g)	3.00
Tahini (1 tbs - 25g)	5.00
Walnuts (1/4 cup - 30g)	5.00

BREADS, CAKES, PASTRY AND YEASTS	Protein
Bread roll, white/small dinner roll (1 Roll - 35g)	4.00
Bread, lebanese (1 Slice - 55g)	5.00
Bread, pumpernickel (1 Slice - 60g)	4.00
Bread, white/wholemeal/ brown/multigrain (1 Slice - 30g)	3.00
Breadcrumbs (1/2 cup - 50g)	6.00
Bread, gluten free (1 slice - 36g)	2.00
Crumpet, white (1 slice - 50g)	2.50
Doughnut, iced (1 doughnut - 80g)	4.50
Lamington (1 slice - 75g)	3.50
Meringue (small - 25g)	0.50
Muffin, english (1 muffin - 80g)	8.00
Pastry, filo (1 sheet - 14g)	1.25
Pastry, puff (1/2 sheet - 85g)	4.50
Pastry, shortcrust (1/2 sheet - 90g)	5.50
Yeast, dried (1 sachet - 7g)	2.50

HIGH PROTEIN FOODS	Protein
Bacon (1 rasher - 39g)	7.50
Beef, mince (1 cup - 60g)	12.00
Beef, topside (1 slice - 50g)	11.00
Cheese, cheddar (1 slice - 50g)	5.00
Cheese, ricotta (2 tbs - 40g)	4.00
Chicken breast (1/4 breast - 56g)	12.50
Egg (whole) (1 egg - 48g)	6.00
Lamb leg (1 slice - 50g)	10.50
Pork leg (1 slice - 45g)	9.00
Sausage (1 thick sausage - 47g)	5.50
Tofu (1/2 cup - 124g) (check labels)	10.00
Yoghurt (1 cup) (check labels)	5.00



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