

1 Gram Protein Food Exchange



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17-0351



قسم التغذية العلاجية
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Introduction

This booklet includes food portions that contain one gram of natural protein which will help parents feeding their children.

Proteins are the building blocks of the body and are needed for energy and growth. Proteins are composed of essential and non- essential amino acids.

Natural protein is the protein supplied in the food we eat and it ranges between high to very low content. High protein foods such as meat, fish, chicken, egg, legumes, lentils, nuts, milk and milk products should be avoided by metabolic patients.

Cereals, grains and other food products also contain protein so it is important to know the amount of natural protein in the common food items.

Low protein foods and their products are recommended for individuals with metabolic disorders such as homocystinuria (HCU), phenylketonuria (PKU), methylmalonic academia (MMA), tyrosinemia and other metabolic conditions which require protein restriction specified by the metabolic dieticians.

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Weaning Foods: (6month onwards)

Farley's Rusk (orange) 1 piece (17g)	
Milupa soluble Biscuit 5 pieces (20g)	
Milupa multi cereal snacks 2 biscuits (11g)	
Milupa bread sticks 3 biscuits (11.4g)	
Milupa teething rusk pieces (8g)	
Farina (cooked with 1Tbsp (11g) water)	
Cream of rice (cooked) 2/3 cup = 10 Tbsp(150g)	
Milupa rice and apple cereal 3 Tbsp (12g)	
Milupa rice and raspberry cereal 3 Tbsp(12g)	

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Starchy Food

Corn 2Tbsp (30g)	
White rice(Cooked) 2Tbsp (30g)	
White rice (Cooked) 2Tbsp (30g)	

Grain Derivatives

Macaroni (cooked) 1 ½ Tbsp(21g)	
Noodles (cooked) 2 Tbsp(26g)	
Spaghetti (cooked) 2 Tbsp(18g)	
Vermicelli 1 ¼ Tbsp(8.25g)	

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Couscous ¾ Tbsp(7.8g)	
Semolina 1 Tbsp(10.3g)	
Burghol ¾ Tbsp(8.6g)	
Boiled potato 6 Tbsp(58.5g)	
Boiled sweet potato 8 Tbsp(78g)	
French fries 6 Fries (30g)	
Yam (Baked or Boiled) ½ cup(68g)	

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Breads

White bread (slices) ½ Slice(12.5g)	
Pita bread 1/3 Slice small(11.2g)	
Iranian Khobus piece (12 g)	
Chappati 1 small (12g)	
Rikak kobous 4Tbsp (8g)	
Bread bun ¼ piece (12g)	
Vegetable pizza 2 small pieces (20g)	
Croissant 1 small piece(12g)	

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Chocolate donut ½ piece(15g)	
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Breakfast cereals

Kellogg's All Bran, extra fiber 3 Tbsp(9.75g)	
Kellogg's Frosted Flakes 9 Tbsp(22.5g)	
Kellogg's Honey Smacks 7 Tbsp(15.75g)	
Kellogg's Bran Flakes 4 Tbsp(10g)	
Kellogg's Corn Flakes ½ cup(14.29 g)	
Kellogg's Rice Krispies 5 Tbsp(18.75g)	
Kellogg's Frosties ½ cup(22.2g)	





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Flour

Rice flour 2 Tbsp(19.6g)	
Flour (All varieties) 1½ Tbsp(11.6g)	
Oat meal 2 ½ Tbsp(7.5g)	
Corn meal 2 Tbsp(14.6g)	

Biscuits

Weetabix ½ piece(8.9g)	
Fantastic Rice 8 pieces(14g)	
Ritz Crackers 4 piece(13.2g)	
Carr's Water Biscuit 1 piece(7.6g)	

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Tea biscuit Deema 1 ½ piece(9g)	
Fita Crackers 4 ½ piece(15g)	
Digestive biscuit(14.29g)	
Barkat digestive biscuits 2 pieces(30g)	
Parle Marie biscuit 3pieces(13.8g)	
Date rolls 2 piece(25g)	
Maamoul 1 piece(21g)	
Crimble's rice cake 3 slice (21g)	

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Sugar wafer (Nabisco) 4 wafers(22.6g)	
Vanilla wafer 4 wafers(24g)	
Nutro(digestive) 1 biscuits (15g)	
Nutro (orange) 2 biscuits (15.5g)	
Bahlsen 3 biscuits (15.5g)	
Carrefour 7 biscuits (19g)	
Nutro wafers (strawberry) 4 biscuits (32g) = 1.2g protein	
Bakers cream crackers 1 biscuit (7g)	

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Mcvitie's 2 ½ biscuit	
Julie's 2 biscuits (13.5g)	
Wasa light rye crisp bread 1 slice (9g)	
Tiffany wafers 3 wafers(16.2g)	
Oryx (banana cream biscuit) 3 biscuits (21g)	
SunBest fruit biscuit 1 ½ biscuits (21.75g)	
Hellema (coconut cookies) 1 ½ cookie (20.7g)	
Town house flat bread crisps 8 crackers (15g)	

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Chips

Lay's Salt and Vinegar 12 chips(17g)	
Lay's Chilli 1 small packet (14g)	
Cheetos 4 pieces (12.5g)	
Pringles Original 17 crisps (28g)	
Chips Oman 1 packet (15g)	
Papa Cassava 27 chips (25g)	
Doritos 8 chips (12.5g)	
Popcorn 1/3 cup (8g)	

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Miscellaneous

West Soy Rice Beverage 1 cup (240ml)	
Dream whip (whipped topping mix) 50g	
Double Cream 1 Tbsp	
Fried Banana Slices 12 pieces	
Tahinea 1 Tsp	
Falafel 3 pieces	
Cooked lentils 1 Tbsp	





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Chick peas 1 Tbsp	
Kidney Beans 1 Tbsp	
Vegetable Samosa 1 piece	
Marshmallow 5 pieces	
Ragu Pizza Sauce ¼ cup (63g)	
Hunts (garlic and herb) 100g pasta sauce	
Yellow curry sauce 100g Free Foods: (Very Low Protein)	

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Free Foods: (Very Low Protein)

Tapioca	
Tapioca powder	
Corn starch	
Wheat starch	
Sago	
Coffee mate	
Coconut milk powder	
Coconut milk	

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Rice milk	
Whipped cream without milk	
Butter	
Margarine	
The jelly bean factory	
Nimm2 soft	
Robinson	
Foster clark	

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Crème caramel (al alali)	
Crème caramel (royal)	
Hershey's strawberry syrup	
Betty crocker whipped cream frosting	
Nesquik chocolate syrup	
Almarai Pineapple/orange	
Oil	
Salad dressing	

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Salad dressing mayonnaise light	
Sugar	
Honey	
Jam	
Jelly beans	
Kopiko cappuccino candy	
Sugar candies	
Fruits	

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Vegetables	
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Sweets

Werther's Original 2 ½ Pieces	
Betty Crocker 2 cookies (28g)	
Betty Crocker 2 cookies (27g)	
Cadbury 1 Tbsp (15g)	

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Low protein food products









Measurements

To be used (cups and spoons)

	1cup = 240ml = 16 Tbsp	
	1/2 cup = 120ml = 8Tbsp	
	1/3 cup = 80ml = 5Tbsp	

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	1/4 cup = 60ml = 4Tbsp	
	1/8 cup = 2 Tbsp = 1 ounce	
	1 ounce= 30 ml	

For any queries

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Metabolic Dietitians

Dietetics and Nutrition Department in collaboration with Metabolic Genetic section



