



Potatoes, Chips and Avocados: Change in Counting Exchanges

The amino acid content per gram of protein varies significantly for fruit, vegetables and potatoes/potato products compared to other foods. Typically, 1 gram of protein equals 50 mg of phenylalanine (for PKU), 20 mg of methionine (for HCU) and 100 mg of leucine (for MSUD). For other protein disorders, we use the protein content of foods as the metabolic disorder affects a number of amino acids. After reviewing a number of different information sources on the amino acid and protein content of foods, we are recommending that the following should amount should be counted as **1 exchange**:

	PKU 50 mg Phe/1 g protein exchange	HCU 20 mg methionine/1 g exchange	MSUD 100 mg of leucine/1 g protein	Other protein disorders
Boiled potato	80 g (1 ½ blue scoops)	80 g (1 ½ blue scoops)	80 g (1 ½ blue scoops)	60 g (1 blue scoop)
Baked potato	80 g	80 g	80 g	60 g
Roast potato	60 g	60 g	60 g	40 g
Chips/Fries###	45 g	45 g	45 g	35 g
Avocado	75 g (½ avocado)	50 g (⅓ avocado)	75 g (½ avocado)	50 g (⅓ avocado)

Note: all the weights are cooked weight. The values for the different types vary as the cooking methods can affect the hydration of the food and therefore the protein/amino acid content.



Chips:

- For homemade chips or chips/fries that do not contain protein containing ingredients, **use the values listed above.**
- For chips/fries that contain protein containing ingredients e.g. milk or flour coating, **count the protein content as per the nutritional label.**
100 g ÷ protein content per 100 g = amount that equals 1 exchange.

Chips can vary significantly in size (skinny versus chunky chips) so it is best to weigh the amount of each brand that equals 1 exchange, count the number of chips ensuring they are of average size and use this number of chips to count exchanges going forward. For example if for PKU 45 g of brand 'X' of chips = 5 chips on average, then 5 chips is 1 exchange. This measurement should be double-checked from time to time to ensure accuracy.

This change may require an adjustment in the number of exchanges that you or your child is now aiming for. Please, discuss with your dietitian when dealing with your next levels or at your next appointment. Please contact us on 018784317 and press 2 for dietitians if you want clarification on the number of exchanges you should now aim for.