



Children's Health Ireland  
at Temple Street

# Metabolic.ie

National Centre for Inherited Metabolic Disorders

# 1 gram Protein Exchange List 2023

**Each of the Following in the Amount Stated  
= 1 Exchange**

**Note: Information correct at time of printing.**

**Always remember to read the label in case products have changed.**

# Contents

Fruit & Vegetables	4
Vegetable Products	5
Potato & Potato Products	6-7
Breads, Rolls & Wraps	8-9
Breakfast Cereals	10
Pasta, Rice & Grains	11
Rice Cakes, Corn Cakes & Oat Cakes	12
Crackers	13
Dairy Substitutes	14-16

## Fruit and Vegetables

Fruit or Vegetable	Grams	Measurements
Avocado PKU	75g	½ avocado
HCU	50g	⅓ avocado
MSUD	75g	½ avocado
All Others	50g	⅓ avocado
Baby Corn	85g	5 baby corn
Baked Beans	20g	1 level tablespoon
Broad Beans	30g	10 broad beans
Butterbeans (drained)	17g	1 tablespoon or 7 butterbeans
Chickpeas (drained)	15g	1 heaped tablespoon or 15 chickpeas
Corn On The Cob	-	4cm
Kidney Beans	15g	1 heaped tablespoon or 12 kidney beans
Mixed Beans (tinned)	17g	1 heaped tablespoon
Peas	20g	2 level tablespoons
Red Split Lentils (Dried)	4g	1 teaspoon
Sweetcorn	35g	1 level blue scoop
Pinto Beans	16g	1 heaped tablespoon
Black Eyed Beans	12g	1 heaped tablespoon

## Vegetable Products

Vegetable Product	Grams	Measurements
Strong Root Cauliflower Hash Brown	40g	1 hash brown
Strong Roots Veggie Nugget	36g	2 nuggets
Strong Roots Spinach Bites	22g	1 bite
Gosh Veggie Cocktail Sausage	16g	2 sausages
Gosh Sweetcorn & Quinoa Bites	20g	1 bite
Clover and Greene Falafel	30g	2 balls
Birds Eye Vegetable Fingers	28.4g	1 finger
Strong Roots Veggie Fingers	75g	2 fingers

## Potato and Potato Products

Potato		Measurements
Baked Potato	PKU	80g*
	HCU	80g*
	MSUD	80g*
	All Others	60g*
Boiled Potato or Mashed Potato with fat spread/low protein milk	PKU	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	HCU	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	MSUD	80g or 1 <sup>1</sup> / <sub>2</sub> blue scoops*
	All Others	60g or 1 blue scoop*
Roast Potato	PKU	60g*
	HCU	60g*
	MSUD	60g*
	All Others	40g*
Chips /Fries/Wedges**	PKU	45g*
	HCU	45g*
	MSUD	45g*
	All Others	35g*

\*cooked weight

\*\* For chips/fries/wedges 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**

<b>Croquettes</b>	
Dunnes Croquettes	1 croquette
Green Isle Croquettes	1 ½ croquettes
Tesco Croquettes	1 croquette
<b>Waffles</b>	
Birds Eye Mini Potato Waffles	2 mini waffles
Birds Eye Sweet Potato Waffles	1 waffle
Dunnes Potato Waffles	1 waffle
Tesco Potato Waffles	1 waffle
Green Isle Waffles	1 waffle
<b>Potato Bites</b>	
Birds Eye Alphabites	50g Frozen
McCain Smiles	2 Smiles
Aunt Bessie's Crispy Potato Bites	5 potato bites

## Breads, Rolls & Wraps

Breads	Grams	Measurements
Bfree Gluten Free Pitta Pockets	32g	1 pitta
Juvela Gluten Free Sliced Fibre Loaf	29g	1 slice
Juvela White Sliced Loaf	29g	1 slice
Old El Paso Regular Gluten Free Tortilla	54g	1 1/2 tortilla
Promise Gluten Free Soft White Rolls	50g	1 roll
Promise Gluten Free Soft White Loaf	40g	1 slice
The Gluten Free Foodie Market White Loaf (Aldi)	33g	1 slice
Genius Gluten Free Toastie	33g	2 slices
Kelkin Free From Brown Bread	25g	1 slice
Kelkin Free From White Bread	25g	1 slice
Schar Gluten Free White Loaf	25g	1 slice
Schar Gluten Free Brown Loaf	50g	2 slices
Tesco 4 Free From White Bagels	30g	1/2 bagel

Breads	Grams	Measurements
Tesco Free From Sliced White Bread	18.5g	1/2 slice
Tesco Free From Sliced Brown Bread	18.5g	1/2 slice
Tesco Free From Sliced Seeded Bread	18.5g	1/2 slice
Bfree Burger Buns	70g	1 bun
Bfree Panini Rolls	75g	1 panini
Genius Gluten Free Spicy Fruit Loaf	29g	1 slice
Schar Gluten Free Seeded Loaf	25g	1 slice
Genius Soft White Farmhouse	70g	2 slices
Kelkin Gluten Free White Wraps	42g	1 wrap

Miscellaneous	Grams	Measurements
Old El Paso Crunchy Taco Shell	1 shell	1 shell
Schar Gluten Free Pizza base	37.5g	1/4 of pizza
Jus Roll Medium Vol Au Vents	17g	1 vol au vent



## Breakfast Cereals

Breakfast Cereal	Grams	Measurements
Porridge	10g (dry)	1 heaped tablespoon (dry)
Weetabix	10g	½ biscuit
Ready Brek	8g	2 level tablespoons
Weetabix Banana	10g	½ biscuit
Nestle Shredded Wheat Bitesize	9g	6 pieces
Oatibix	8g	⅓ biscuit
Nestle Oat Low Sugar Cheerios	11g	2 level blue scoops
Kellogg's Cornflakes	14g	2 level blue scoops
Kellogg's Rice Krispies	17g	3 level blue scoops
Nestlé Go Free Cornflakes	13g	2 level blue scoops
Nestlé Go Free Rice Pops	13g	2 level blue scoops
Kelkin GF Buckwheat flakes	12g	1 blue scoop
All Bran	7g	1 1/2 tablespoons
Nestlé Shreddies	10g	18 pieces

## Pasta, Rice and Grains

Pasta, Rice & Grains	Grams	Measurements
Ordinary Pasta UNCOOKED	8g	6 pieces of penne/fusilli
Ordinary Pasta COOKED	20g	6 pieces of penne/fusilli
Amoy Straight to Wok RIBBON Rice Noodles	150g	1 pack (Note: contains 2 packs)
Couscous UNCOOKED	8g	1 level tablespoon
Couscous COOKED	26g	1 blue scoop
Boiled White Or Brown Rice UNCOOKED	13g	1 tablespoon
Boiled White Or Brown Rice COOKED	32g	1 blue scoop
Tinned Spaghetti In Tomato Sauce	60g	1 blue scoop
Quinoa UNCOOKED	7g	1 heaped teaspoon
Quinoa COOKED	23g	1 blue scoop

## Rice Cakes, Corn Cakes & Oat Cakes

Corn Cakes	Measurements
Bunalun Organic Corn Cake	2 cakes
Kelkin Buckwheat Chia Corn Cake	1 cake
Kelkin Multigrain Corn Cake	1 cake
Tesco Corn Cake Thins with Sea Salt	2 cakes

Oats Cakes	Measurements
Nairns Rough Oat Cakes	1 cake

Rice Cakes	Measurements
Bunalun Organic Unsalted/Salted Rice Cakes	2 cakes
Bunalun Organic Salted Rice Cakes	2 cakes
Bunalun Organic Blueberry /Apple Mini Rice Cakes	9 cakes
Kelkin Rice Cakes Unsalted	2 cakes
Jacobs Multigrain and Seed Rice Cakes	2 cakes
Jacobs Rice Cakes Natural/Sea Salt	2 cakes
Snack A Jacks Jumbo Salt & Vinegar Rice Cakes	1 cake
Tesco Free From Wholegrain Rice Cakes	2 cakes

## Crackers

Crackers	Measurements
Juvela Gluten Free Crispbread	2 crispbreads
Ryvita Dark Rye	1 cracker
Ryvita Original Crispbread	1 cracker
Ryvita Original Crackerbread	2 crackers
Schar Crispbread	2.5 crispbreads
The Foods of Athenry Gluten Free Multiseed Crackers	3 toasts
Carrs Flatbread Mixed Seed Cracker	1 cracker
Tesco High Baked Water Biscuits	2 biscuits
Carrs Table Water Biscuits	3 biscuits
Carrs Large Table water biscuits	1 biscuit

## Dairy Substitutes

Milk	Measurements
Alpro Coconut Original/No Sugars	1L
Alpro Hazelnut Original	250ml
Alpro Oat Original	400ml
Alpro Oat No Sugar	500ml
Alpro Roasted Almond Unsweetened	300ml
Alpro Coconut Almond	400ml
Alpro Almond Original/No Sugar	250ml
Alpro Rice Original**	1L
Rice Dream + Calcium**	1L
Rude Health Almond Drink	500ml
Rude Health Coconut Drink	1L
Rude Health Brown Rice Drink**	1L
Tesco "Free From" Almond Milk	200ml
Bunalun Organic Almond Drink Unsweetened	100ml
Innocent Coconut Dairy Free	200ml

**\*\* Rice milk is unsuitable for those < 5 years of age, pregnant or lactating women.**

## Dairy Substitutes (contd.)

Milk (contd.)	Measurements
Acti-Leaf Oat Drink (Aldi)	250ml
Acti-Leaf Almond Drink (Aldi)	200ml
Just free Organic Oat Drink Unsweetened (Lidl)	200ml
Minor Figures Every Day Oat Drink/Light	250ml
Oatly Oat Drink	100ml
Flahavans Vitamin Rich Oat Drink	150ml
Califia Farms Unsweetened Almond Drink	200ml
The Happy Pear Organic Oat M*lk	200ml

Cheese	Grams	Measurements
Original Philadelphia Cream Cheese	20g	2 white scoops
Tesco Soft Cheese Plain Full Fat	20g	2 white scoops

## Dairy Substitutes (contd.)

Yogurt	Measurements
Koko Dairy Free Original Plain Yogurt Alternative	200g
Koko Dairy Free (Peach & Passion Fruit/ Raspberry/Strawberry/Coconut & Lemon)	125g pot
Yoplait Dairy Free Coconut Based Yogurt (Strawberry-Blackcurrant, Raspberry, Pineapple, Mango-Passion)	200g (2 pots) (1 pot=1/2 exchange)
Just Free Coconut Yogurt (Lidl) Strawberry	250g 2 pots (1 pot=1/2 exchange)
The Coconut Collaborative Natural Yogurt	100g
The Coconut Collaborative Vanilla Yogurt	100g
The Oat Collaborative Natural Yogurt	150g
The Coconut Collaborative Mango & Passion Fruit/Blueberry/Raspberry Yogurt	100g
Yakult Original	1 x 65ml bottle
Yakult Light	1 x 65ml bottle



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