

How to Count Fruit and Vegetables

After reviewing a number of different information sources on the amino acid and protein content of foods, we are recommending the following;

Exchange Foods

Potatoes: the following should all be counted as 1 exchange

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.

	PKU	HCU	MSUD	Other protein disorders
Boiled/ mash 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

*This weight is for homemade chips or ones that have no protein containing ingredients. For chips/fries that contain protein containing ingredients such as milk or flour coating, **count the protein content as per the nutritional label**. $100 \text{ g} \div \text{protein content per } 100 \text{ g} = \text{amount that equals } 1 \text{ exchange}$.

Avocado: the following should all be counted as 1 exchange

	PKU	HCU	MSUD	Other protein disorders
Avocado	75 g (½ avocado)	50 g (⅓ avocado)	75 g (½ avocado)	50 g (⅓ avocado)

Peas: 2 tablespoons = 1 exchange

Broad beans: 10 broad beans = 1 exchange

Baby Corn: 5 pieces (85g) = 1 exchange

Fruit & Vegetables That Need to be Counted if >1 Portion is Eaten

For the following fruit and vegetables, if the portion identified below is eaten **once a day this portion is free**. However if **more than this portion** is eaten, then the additional portion of fruit or vegetables needed to be **counted as 1 exchange**.

For example, 5 mushrooms in the day can be eaten freely, but if 10 mushrooms are eaten, then the additional 5 mushrooms should be counted as 1 exchange. Also, 80 g of sweet potato in the day can be eaten, but if 200g of sweet potato is eaten, then the additional 120g should be counted as 1 ½ exchange

Bananas: 1 banana (any size)

Broccoli: 8 florets (85g)

Brussel sprouts: 6 sprouts (90g)

Cauliflower: 9 small florets (90g)

Mushrooms: 5 mushrooms (80g)

Oranges: 1 orange

Plantain: 1 plantain

Pomegranate: 1 pomegranate

Sharon fruit: 1 sharonfruit

Spinach: 45g, cooked (1 blue scoop)

Sweet potato: 80g (1½ blue scoops)

Yam: 100g

Free Fruit and Vegetables

Fruit (fresh, tinned and frozen)

Apple	Grapes	Passion fruit
Apricots	Guava	Peaches
Blackberries	Jackfruit	Pears
Blackcurrants	Kiwi	Physalis
Blueberries	Kumquat	Pineapple
Cherries	Lemons	Plums
Clementine	Limes	Prunes
Cranberries	Lychees	Raisins
Currants	Mandarins	Raspberries
Damsons	Mangoes	Rhubarb
Dates	Mangosteens	Satsuma's
Dragon fruit	Melon cantaloupe	Star fruit
Figs	Melon honeydew	Strawberries
Ginger	Nectarines	Sultanas
Gooseberries	Olives	Tangerines
Grapefruit	Papaya	Watermelon

Vegetables (fresh, tinned and frozen)

Artichokes	Cucumber	Peppers
Asparagus	Curly kale	Pumpkin
Aubergine	Fennel	Radish
Beansprouts	French beans	Rocket
Beetroot	Garlic	Runner beans
Butternut squash	Gherkin	Samphire
Cabbage	Green beans	Scallions
Carrots	Leeks	Shallots
Cassava	Lettuce	Spring onion
Capers	Mangetout	Sugar snap peas
Celeriac	Okra	Swede
Celery	Onions	Tomato
Chayote	Pak choi	Turnip
Courgette	Parsnips	Water Chestnuts