



Reading Food Labels for TYR

Some labels already contain the protein content per portion

Protein Content per Portion	Number of Exchanges
0-0.3g	Free
0.4-0.7g	½
0.8-1.2g	1
1.3-1.7g	1 ½
1.8-2.2g	2
2.3-2.7g	2 ½

If the protein content per portion is not on the label, to calculate the protein content per portion To do this you will need to know two things:

- Know the amount or weight of the product to be eaten
- Know the protein content per 100g

It is worked out by:

$$\frac{\text{Weight of the product to be eaten} \times \text{Protein content per 100g}}{100}$$

When looking at food labels it is important to look for the artificial sweetener **aspartame or aspartame-acesulfame-K** also known as **E951/E962** as these are **not permitted** in the TYR diet.



Always check the list of food ingredients:

- **NO ASPARTAME**
- **NO E951 / E962**

Acesulfame-K on its own is suitable but then combined with aspartame is not suitable.