



Metabolic.ie

National Centre for Inherited Metabolic Disorders

Sláinte Leanaí Éireann



Children's Health Ireland

1 gram Protein Exchange List 2025

Note: Information correct at time of printing.

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

Introduction

This booklet is for patients with a metabolic protein disorder who are on a low protein diet.

Please note that this booklet is simply a guide. Protein content can vary significantly depending on the brand. Foods listed are correct at time of printing.








We have included many measured foods that are equivalent to 1 exchange for ease of calculation.

If you would like, for example, 2 exchanges worth of a particular food listed as 1 exchange, simply multiple the measured amount by 2.









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Fruits, Vegetables and Beans

Product	Visual	Measurements
Avocado PKU HCU MSUD All Others		75g (1/2 avocado) 50g (1/3 avocado) 75g (1/2 avocado) 50g (1/3 avocado)
Baby corn		85g (5 baby corn)
Baked beans		20g (1 level tablespoon)
Broad Beans		20g (7 broad beans)
Butterbeans (drained)		17g (1 tablespoon or 7 butterbeans)
Chickpeas (drained)		15g (1 heaped tablespoon or 15 chickpeas)
Corn on the Cob		4cm piece


Fruits, Vegetables and Beans

Product	Visual	Measurements
Kidney Beans		14g (1 heaped tablespoon or 12 kidney beans)
Mixed Beans (tinned & drained)		17g (1 heaped tablespoon)
Peas		20g (2 level tablespoons)
Red Split Lentils (dried)		4g (1 teaspoon),uncooked 10g,cooked
Sweetcorn		35g (1 level blue scoop)
Pinto Beans		16g (1 heaped tablespoon)
Black Eyed Beans		12g (1 heaped tablespoon)
Cannellini beans		26g (16 beans)





Vegetable Products

Product	Visual	Measurements
Strong Root Cauliflower Hash Brown		1 hash brown
Strong Roots Veggie Nuggets		2 nuggets
Strong Roots Spinach Bites		1 bite

Vegetable Products

Product	Visual	Measurements
Birds Eye Vegetable Fingers		1 finger
Strong Roots Crispy Veg Air Bites		1 air bite
Strong Roots Crispy Pea and Lemon Air Bites		1 air bite
Strong Roots Crispy Spinach and Carrot Air Bites		1 air bite

Potato & Potato Products

Product	Visual	Measurements
Baked/Air-fried Potato PKU HCU MSUD All Others		80g* 80g* 80g* 60g*
Boiled/Mash Potato PKU HCU MSUD All Others		80g (1 ½ blue scoops)* 80g (1 ½ blue scoops)* 80g (1 ½ blue scoops)* 60g (1 blue scoops)*
Roasted Potatoes PKU HCU MSUD All Others		60g* 60g* 60g* 40g*
Fried Chips/Fries/Wedges PKU HCU MSUD All Others		45g* 45g* 45g* 35g*






*cooked weight

These measurements are for homemade chips or ones that have no protein-containing ingredients.

For fried chips that contain protein containing ingredients such as milk or flour coating, count the protein content per the nutritional label.






100g ÷ protein content per 100g= amount that equals 1 exchange.

Pasta, Rice & Grains

Product	Visual	Measurements
Pasta (Regular or Wholewheat)		8g (<u>uncooked</u>)
Quinoa		23g/ 2 tablespoons (cooked)
Basmati rice/long grain rice		36g/ 1 blue scoop (cooked)
Boiled White or Brown Rice		32g/ 1 blue scoop (cooked)
Couscous		26g/ 1 blue scoop (cooked)

By pairing these with a low protein equivalent, you can increase the volume of food given.

Breads, Rolls & Wraps

Product	Visual	Measurements
Bfree Gluten Free Pitta Pockets		32g (1 pitta)
Juvela White Sliced Loaf		29g (1 slice)
Old El Paso Regular Gluten Free Tortilla		54g (1 ½ tortilla)
Promise Gluten Free Soft White Loaf		40g (1 slice)
Kelkin Free From Brown Bread		25g (1 slice)

All these breads, rolls & wraps can be found in various local supermarkets in the gluten free section



Breads, Rolls & Wraps

Product	Visual	Measurements
Kelkin Free From White Bread		25g (1 slice)
Schar Gluten Free White Loaf		25g (1 slice)
Schar Gluten Free Wholesome Seeded Loaf		25g (1 slice)
Tesco Free From Sliced White Bread		18.5g (1/2 slice)
Tesco Free From Sliced Brown Bread		18.5g (1/2 slice)
Genius Gluten Free Cinnamon & Raisin Spicy Fruit Loaf *consume occasionally		1 slice








Breads, Rolls & Wraps

Product	Visual	Measurements
Bfree Gluten Free Sweet Potato Wraps		42g (1 wrap)
Promise Gluten Free Rustic White Sourdough		67g (2 Slices)




Miscellaneous

Old El Paso Gluten Free Tortillas		1 ½ wraps
Schar Gluten Free Pizza base		37.5g (1/4 pizza)
Jus Rol Vol Au Vents Medium (not gluten free)		1 vol au vent

Breakfast Cereals



Product	Visual	Measurements
Porridge		10g dry (1 heaped tablespoon)
Ready Brek		8g (2 level tablespoons)
Shredded Wheat Cereal		9g
Cornflakes		14g (2 level blue scoops)
Puffed wheat <i>*consume occasionally</i>		7.5g
Puffed rice cereal <i>*consume occasionally</i>		17g (3 level blue scoops)
All Bran		7g (1 ½ tablespoons)

Breakfast Cereals

Product	Visual	Measurements
Weetabix <i>*brands may vary, please check the label</i>		10g (1/2 biscuit)
Oatibix Flakes Original <i>*brands may vary, please check the label</i>		10g
Oatibix <i>*brands may vary, please check the label</i>		8g (1/3 biscuit)

Corn Cakes, Rice Cakes & Oat Cakes


Corn Cakes

Product	Visual	Measurements
Plain corn cake (Kelkin, Bunalun, Tesco, Dunnes)		2 corn cakes
Corn cake with yoghurt topping		1 corn cake

Rice Cakes

Plain rice cakes		2 cakes
Mini rice cakes (blueberry /apple) *brands may vary, please check the label		9 cakes
Rice cake with yoghurt topping		1 cake

Oat Cakes

Oat cake (Nairns) *brands may vary, please check the label		1 oatcake
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Crackers

Product	Visual	Measurements
Ryvita Dark Rye		1 cracker
Ryvita Original Crispbread		1 cracker
Jacobs Cream Crackers <i>*consume occasionally</i>		1 cracker
Jacobs Tuc Originals <i>*consume occasionally</i>		3 crackers
Schar Crispbread		2 crispbreads
Schar Crispbread Fibre		2 slices
The Foods of Athenry Gluten Free Multiseed Crackers		3 toasts

Crackers


Product	Visual	Measurements
Carrs Flatbread Mixed Seed Cracker *consume occasionally		1 cracker
Carrs Melts Cheese *consume occasionally		2 crackers
Carrs Melts Original *consume occasionally		2 crackers
Carrs Flatbreads Salt & Pepper *consume occasionally		1 cracker
Carrs Cream Crackers *consume occasionally		1 cracker

Crackers






Product	Visual	Measurements
Carrs Table Water Biscuits *consume occasionally		3 biscuits
Carrs Large Table Water Biscuits *consume occasionally		1 biscuit
Tesco Poppy & Sesame Thins *consume occasionally		2 thins
Tesco High Baked Water Biscuits *consume occasionally		2 biscuits

Dairy & Alternatives

Milk

Product	Visual	Measurements
Cows milk low-fat/full-fat		30ml

Milk (plant-based alternatives)

Product	Visual	Measurements
Alpro Coconut Original No Sugar/ Chilled		1L
Alpro Coconut No Sugar Long Life		1L
Alpro Hazelnut Original/ Long Life		250ml
Alpro Oat Original/ Long Life no added sugars		140ml
Alpro Almond Chilled/no added sugars		250ml

Dairy & Alternatives





Product	Visual	Measurements
Alpro Almond Long Life		250ml
Alpro Rice Original**		1L
Rude Health Oat Drink no added sugars		160ml
Rude Health Almond Drink		200ml
Rude Health Coconut Drink		200ml
Koka Unsweetened Alternative Longlife Drink		80ml

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

Dairy & Alternatives

Product	Visual	Measurements
Tesco Almond Drink (unsweetened)	 A 1L carton of Tesco Almond Drink Unsweetened. The carton is orange and white with an illustration of almonds and a glass of drink. It features a green 'V' logo at the bottom left.	160ml
Tesco Sweetened Almond Drink	 A 1L carton of Tesco Sweetened Almond Drink. The carton is orange and white with an illustration of almonds and a glass of drink. It features a green 'V' logo at the bottom left.	100ml
Supervalu Unsweetened Oat Drink	 A 1L carton of Supervalu Unsweetened Oat Drink. The carton is orange and white with an illustration of a glass of oat drink. It features a green 'V' logo at the bottom left.	100ml
Minor Figures Barista Light Oat Drink	 A 500ml carton of Minor Figures Barista Light Oat Drink. The carton is light blue with a cartoon character of a bird wearing a red hat and apron. It features a green 'V' logo at the bottom left.	500ml
Minor Figures Every Day Oat Drink	 A 1L carton of Minor Figures Every Day Oat Drink. The carton is yellow with a cartoon character of a bird wearing a blue hat and apron. It features a green 'V' logo at the bottom left.	100ml
Oatly Oat Drink	 A 1L carton of Oatly Oat Drink. The carton is brown with the Oatly logo and an illustration of a glass of oat drink. It features a green 'V' logo at the bottom left.	100ml

Dairy & Alternatives





Product	Visual	Measurements
Flahavans Vitamin Rich Oat Drink		140ml
Califia Farms Unsweetened Almond Drink		110ml
The Happy Pear Organic Oat Drink		200ml
Alpro Soya Chilled Drink 1 Litre		30ml

Dairy & Alternatives

Cheese

Product	Visual	Measurements
Original Philadelphia Cream Cheese		18g or 2 yellow scoops
Tesco Soft Cheese Plain Full Fat		23g or 2 slightly heaped yellow scoops
Tesco Mascarpone Cheese		25g or 2 slightly heaped yellow scoops

Cheese (plant-based alternatives)

Product	Visual	Measurements
Violife Cheddarton		10g
Violife Epic Mature Cheddar Block		77g
Philadelphia Plant-Based Almond & Oat Soft Cheese Alternative		30g (1/2 blue scoop)
BOURSIN Garlic & Herbs Vegan Alternative to Cheese		50g or 1 blue scoop



Dairy & Alternatives

Yoghurt


Product	Visual	Measurements
Glenisk Organic Natural Yoghurt		30g
Natural Yoghurt (Tesco) Natural Greek Style Yoghurt (Tesco) Natural Greek Style Low Fat Yoghurt (Tesco)		18g 24g 19g
Skyr (Yoplait)		11g
Kefir (0% fat Natural Kefir Clonakilty)		14g
Soya yoghurt (Alpro plain natural dairy free)		25g
Yakult Original/Light		1 x 65ml bottle

Dairy & Alternatives

Yoghurt (Plant-based alternative)

Product	Visual	Measurements
Koko Dairy Free Original Plain Yoghurt Alternative		200g
Koko Dairy Free (Peach & Passion Fruit/ Strawberry)		125g pot x 2
Koko Dairy Free (Raspberry)		125g pot
Koko Dairy Free (Greek Yogt!)		100g
The Coconut Collaborative Natural Yoghurt		85g

Dairy & Alternatives

Product	Visual	Measurements
The Coconut Collaborative Mango & Passion Fruit		200g
The Coconut Collaborative Raspberry Yoghurt		145g
The Coconut Collaborative Vanilla Yoghurt		85g
Oatly Creamy Oat Fraiche Chilled		100g



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Version: 6

Approval date: August 2025

Review date: August 2026

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