

Protein intake and cancer

Information for patients and carers

When you have cancer, your energy (calorie) and protein needs can be higher due to the cancer or cancer treatments. Treatment side effects can reduce your appetite, make you eat less and have direct effects on your muscle. This can result in weight loss and your body may start to break down its own protein supplies for energy.

Eating enough protein can stop or slow this process. It can also help your body to fight infections, heal wounds, maintain your muscle mass and recover from your cancer treatment.

The amount of protein you need to eat depends upon your body weight. You will need at least 1.2

grams of protein, per kilogram of body weight, per day. For example, if you weigh 70kg, you will need to eat at least 84 grams of protein per day.

Rather than eating all of your protein in one big meal, it is better to spread your protein intake over the day. This helps to prevent the breakdown of protein in the body and promotes protein storage. Aim for **20 to 30 grams** of protein with each meal and **10 to 15 grams** of protein with each snack.

*If you have chronic kidney disease or kidney problems, speak with your doctor or dietitian, because these recommendations may not be suitable for you.

You need a total of.....grams of protein per day.

Protein content of foods

Meat, poultry, eggs (cooked) 90 grams of meat=the size of the palm of your hand	Serving Size	Total protein
Kangaroo, Lamb, Chicken, Turkey, Beef, Pork	90 grams	21 to 28 grams
Beef mince	70g (½ cup)	19 grams
Ham	100g (4 slices)	16 grams
Sausages	100g (2 thin)	13 grams
Bacon	3 medium slices	6 grams
Egg, large	1 egg	6 grams
Egg, large, white only	1 egg	3 grams
Fresh seafood (cooked) 90 grams of seafood=the size of the palm of your hand		
Fish, average all types	90 grams	23 grams
Salmon, fresh	90 grams	22 grams
Oysters	12 oysters	22 grams
Tuna, fresh	90 grams	21 grams
Prawns, crab, crayfish, mussels, octopus	90 grams (¼ cup)	16 grams
Tinned seafood		
Tuna	95 grams (small tin)	19 grams
Salmon	95 grams (small tin)	15 grams
Sardines	100 grams (regular tin)	12 grams
Anchovies	45 grams (1 can)	6 grams

Legumes, vegetarian	Serving size	Total protein
Tempeh	100 grams (½ packet)	19 grams
Baked beans	1 cup	14 grams
Lentils	1 cup	14 grams
Chickpeas, red kidney beans, four bean mix, cannellini beans	1 cup	13 grams
Tofu	100g (½ packet)	12 grams
Soy milk	1 cup	9 grams
Vegetarian sausages	2 sausages	6 to 23 grams
Nuts and seeds		
Pumpkin seeds	30 grams (small handful)	9 grams
Sunflower seeds	30 grams (small handful)	8 grams
Peanuts	30 grams (40 nuts)	8 grams
Walnuts	30 grams (15 to 20 halves)	7 grams
Almonds, cashews	30 grams (15 nuts)	6 grams
Mixed nuts	30 grams (small handful)	5 grams
Peanut butter	1 Tbsp	5 grams
Tahini	1 Tbsp	5 grams
LSA	1 Tbsp	3 grams
Chia seeds	1 Tbsp	3 grams
Dairy products		
Greek yoghurt	200 grams (¾ cup)	12 grams
Cheddar cheese	40 grams (2 slices)	10 grams
Milk, full fat	1 cup	9 grams
Custard	1 cup	9 grams
Yoghurt, regular and fruit flavour	200 grams (¾ cup)	8 grams
Mini Babybel™ light cheese	20 grams (1 mini cheese)	6 grams
Cottage cheese	40 grams (2 Tbsp)	4 grams
Ricotta cheese	40 grams (2 Tbsp)	3 grams
Breads, cereals, grains (cooked)		
Oats, cooked with milk	1 cup	15 grams
Soba noodles	1 cup	10 grams
Quinoa	1 cup	8 grams
Cous Cous	1 cup	8 grams
Oats, cooked with water	1 cup	7 grams
English muffin	1 muffin	7 grams
Allbran™	45g (¾ cup)	7 grams
Pasta	1 cup	6 grams
Muesli	60 grams (½ cup)	5 grams
Helgas Soy and Linseed™ bread	47 grams (1 slice)	5 grams
Weetbix™	2 biscuits	4 grams
Rice	1 cup	4 grams
Bread, wholemeal, average all types	30 grams (1 slice)	3 grams
Cornflakes™	30 grams (1 cup)	3 grams

High protein snacks	Serving size	Total protein
Up and Go Energize	250ml tetra	17 grams
Skim milk powder	3 Tbsp	11 grams
Creamed rice	220 gram tin	9 grams
Breaka™ (flavoured milk)	250mL tetra	8 grams
Up and Go™	250mL tetra	8 grams
Frozen yoghurt	100 grams (2 medium scoops)	5 grams
Hummus	80 grams (¼ cup)	4 grams
Ice cream	100 grams (2 medium scoops)	3 grams
Supplements*		
Whey protein powder	30 grams scoop	25 to 30 grams
Resource® 2.0	237mL tetra	21 grams
Sustagen® hospital formula	3 scoops, 200mL full cream milk	21 grams
Ensure® 2-Cal HN	200mL	17 grams
Sustagen® hospital formula	3 scoops, 200mL water	14 grams
Sustagen®	250mL tetra	13 grams
Resource Plus®	240mL tetra	13 grams
Fortisip Multifibre	200mL bottle	12 grams
Ensure® Juice Plus	220mL tetra	11 grams

*If you require supplements, your dietitian can discuss with you the best way to include them in your diet.

Dietitian..... Phone.....



Standard 2
Partnering with consumers



Standard 11
Service delivery



Standard 12
Provision of care



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