Protein snacks
Information for patients and carers

~5 grams of protein:

- 25 grams (1 slice) cheese + 3 crackers = 7 grams
- 1 protein ball = 6 grams
- 1 boiled egg = 6 grams
- 130 grams tin baked beans = 7 grams
- Carman’s fruit and nut muesli bar = 4 grams
- 1 snack pack custard (150 grams) = 6 grams
- 1 tablespoon peanut butter + 1 cracker = 5 grams

~10 grams of protein:

- 1 cup milk = 9 grams
- Chobani plain (170 gram tub) = 17 grams
- ½ tin of tuna + 2 crackers = 10 grams
- 60 grams (2 small handfuls) mixed nuts = 10 grams
- ½ cup hummus with vegie sticks = 8 grams
- 2 tablespoons peanut butter on celery = 10 grams
- 1 Sustagen™ tetra = 13 grams
- 1 Up and Go™ = 8 grams
~20 to 30 grams of protein:

2 egg omelette with 1 slice cheese and 4 mushrooms = 23 grams

½ cup muesli + ¾ cup Greek yoghurt + 15 almonds = 23 grams

Sandwich with 2 slices of meat (40 grams) and 2 slices of cheese = 24 grams

Frozen supermarket meal = 18 to 28 grams

Palm-size portion of roast meat or chicken (90 grams) with salad = 25 to 28 grams

1 cup minestrone soup + 1 tablespoon grated cheese + ⅔ cup yoghurt = 24 grams

½ cup bolognaise sauce + 1 cup cooked pasta + 1 tablespoon grated cheese = 28 grams

Palm-size portion of salmon (90 grams) + 1 potato + 2 tablespoons white sauce + vegetables = 25 grams

Palm-size portion of chicken breast (90 grams) + ½ cup rice + salad = 28 grams

Sandwich using 2 slices of Helgas™ Soy and Linseed bread with 2 slices of cheese and tomato + ¼ cup of yogurt = 29 grams