Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Protein

I Need ____ Portions of Protein in a Day



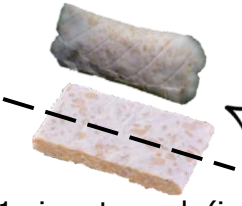
4 medium prawns (30g)



1 matchbox size fish/chicken/meat (30g)



½ square firm tofu (60g)
½ large block soft (150g)



1 piece tempeh (in banana leaf)/
¼ piece square tempeh (50g)

1 Portion of PROTEIN
= 7g Protein



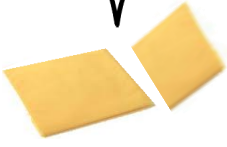
1 cup milk/
soybean milk
(200ml)



1 whole egg
(50-60g)



2 egg whites (70g)



1 ½ slices
cheese (30g)



3 tablespoons/ ½ cup,
cooked beans, legumes (60g)



1 small tub
yogurt (150ml)

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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