Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Protein

Saya perlu ____ hidangan protein sehari



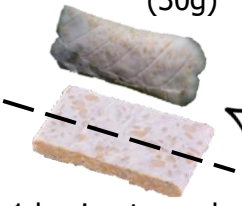
4 udang (sederhana) (30g)



1 saiz kotak mancis ikan/ayam/daging (30g)



½ keping tofu keras (60g)
½ keping tofu lembut (150g)



1 keping tempeh (dalam duan pisang)/
¼ keping tempeh (50g)

1 hidangan PROTEIN
= 7g Protein



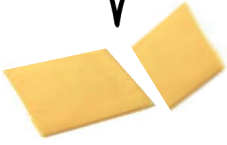
1 cawan susu/
Susu soya (200ml)



1 biji telur (50-60g)



2 biji telur putih (70g)



1 ½ keping keju (30g)



3 sudu makan/ ½ cawan, kekacang masak (60g)



1 cawan yoghurt (150ml)

Jika anda mempunyai sebarang pertanyaan mengenai pemakanan, sila hubungi pakar Pemakanan KTPH & YCH di talian 6602 2420.

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