

**VITAL TYPICAL PROTEIN REFERENCE TABLE**

	<b>Allergen</b>	<b>Total Protein g per 100g</b>	
<b>Milk</b>	Milk Powder	27	a
	Skim Milk Powder	36	a
	Whey Powder	12	c
<b>Egg</b>	Egg White Powder	79	b
	Egg Yolk Powder	32	b
	Whole Egg	13	a
<b>Soy</b>	Soy Flour	36	b
	Soy Flour, Low Fat	47	a
	Kibbled Soy	42	c
<b>Fish</b>	Anchovy	25	a
	Barramundi, poached	23	a
	Bassa, poached	19	a
	Bream, poached	22	a
	Calamari, poached	21	a
	Cod	20	c
	Flathead, fried	26	a
	Flake	30	a
	Flounder	24	c
	Gemfish, poached	23	a
	Hoki	22	a
	Kahawai	26	c
	Mackerel	22	c
	Milk Fish, poached	28	a
	Morwong, poached	23	a
	Mulloway, poached	22	a
	Mullet, poached	21	a
	Omega-3 DHA Powder (note protein from fish & milk)	35	c
	Orange Roughy	20	c
	Perch	23	a
	Salmon, poached	24	a
	Sardines, canned	22	a
	Shark	30	a
Snapper	26	a	
Trout	23	a	
Tuna, raw	27	a	
Whiting, fried	23	a	
<b>Peanuts</b>	Peanuts	25	a
<b>Sesame</b>	Sesame Seeds	22	a
<b>Tree Nuts</b>	Almond	20	a
	Brazil Nut	14	a
	Cashew	17	a
	Chestnuts, roasted	3	a
	Hazelnut	15	a
	Macadamia	8	a
	Mixed Tree Nuts	13	a
	Pecans	10	a
	Pine Nuts	13	a
	Pistachio, raw	20	a
Walnut, raw	14	a	

<b>Allergen</b>	<b>Total Protein g per 100g</b>	
<b>Crustacea</b>	Crab	15
	Lobster	22
	Prawn, school	17
<b>Gluten</b>	Wheat Gluten	75

**Molluscs** include Clams; Cockles; Cuttlefish; Musse  
Octopus; Oysters; Pipis; Scallops; Sea-cucumbers;  
Squid; Calamari

**Crustaceans include Crabs; Crayfish; Lobsters;**  
Prawns; Shrimps;

Effective Date: 12 September 2008

Sources:           a. NUTTAB 2006  
                          b. suppliers' specifications  
                          c.other (not specified)