

VITAL STANDARD PROTEIN REFERENCE TABLE

	<i>Allergen</i>	<i>Total Protein g per 100g</i>
Milk	Milk Powder	24.7
	Skim Milk Powder	35
	Whey Powder	12
Egg	Egg White Powder	790
	Egg Yolk Powder	320
	Whole Egg	12
Soy	Soy Flour	36
	Kibbled Soy	42
Fish	Anchovy	25
	Barramundi	22.8
	Bassa	18.5
	Bream	24
	Calamari	20.9
	Cod	20.1
	Flathead	26
	Flake	30.3
	Flounder	24
	Gemfish	23
	Hoki	22
	Kahawai	26
	Mackerel	21.5
	Milk Fish	27.5
	Morwong	23
	Mulloway	23
	Mullet	23.2
	Omega-3 DHA Powder (note protein from fish & milk)	35
	Orange Roughy	20.4
	Perch	22.9
	Salmon	20.7
	Sardines	23.7
	Shark	30.3
Snapper	25.6	
Trout	23	
Tuna	27	
Whiting	23	
Peanuts	Peanuts	25
Sesame	Sesame Seeds	20
Tree Nuts	Almond	20
	Brazil Nut	14
	Cashew	17
	Chestnuts	3.4
	Hazelnut	14
	Macadamia	7.6
	Mixed Tree Nuts	13.4
	Pecans	9.8
	Pine Nuts	13
	Pistachio	19
Walnut	14	

	<i>Allergen</i>	<i>Total Protein g per 100g</i>
Crustacea	Crab	12.6
	Lobster	22
	Prawn	23.7
Gluten	Wheat Gluten	75

Molluscs include Clams; Cockles; Cuttlefish; Mussels; Octopus; Oysters; Pipis; Scallops; Sea-cucumbers; Sea urchins; Snails, Edible Squids.

Crustaceans include Crabs; Crayfish; Lobsters; Prawns; Shrimps; Sea Urchins.

Effective Date: 12 June 2007

Source: NUTTAB