

Methionine Food List

If your child is suffering from cystinuria, this handout will help you to select foods that are lower in methionine. The numbers below are estimates of methionine content in common foods.

These are examples only. This list does not substitute for medical advice.

Low Methionine <100mg		Medium Methionine 100-300 mg
Apple 2	Grapes (1 c.) 19	Refried beans 100
Berries 2-10	Broccoli 34	Cashews 105
Cucumber 3	Sweet potato 42	Black beans 110
Lettuce 3	Almonds 45	Soybeans (edamame) 110
Pear 4	Corn 50	Tofu 135
Watermelon 4	Peas 60	Sunflower seeds (2 TB) 140
Tomato 5	Potato 60	Surimi (imitation crab) 150
Banana 9	Baked beans 60	Cheese, cheddar (1oz) 155
Macadamia nuts 10	Soymilk (1 c.) 65	Cheese, mozzarella stick 195
Kale, cooked 11	Walnuts 70	Vegetarian burger 200
Carrots 13	Oatmeal (1 pk) 71	Milk, 1% (1 c.) 215
Green beans 15	Lentils 75	Yogurt, low fat, fruit (6oz) 245
Mushrooms 17	Peanut butter (2 TB) 85	Shrimp (8 large) 295
High Methionine >300mg		
Brazil nuts 315		Beef, lean, ground patty 475
Canadian bacon (2 slices) 316		Chicken breast 490
Fish, salmon 335		Lobster, tail 530
Eggs (2) 390		Crab, cooked 730
Fish, canned tuna 445		Pork chop (1 chop) 1500
Turkey, roasted 450		Pork, cured ham, 1 slice 2230

Amounts listed above are estimates of methionine content. Unless otherwise stated, foods are listed in standardized portion sizes: ½ cup serving or medium size whole fruit or vegetable, 1 oz nuts, 2 Tbsp peanut butter, 2 oz meat, ½ cup beans. (SOURCE: USDA Nutrient Database Release 28)

- Limit animal-protein to one serving per day. These foods are generally high in methionine.
- Encourage protein from plant-foods, such as soy, beans, and nuts.
- Be sure to include two servings of dairy or calcium-rich foods in the diet each day.
- Processed meats such as bacon, sausage, pepperoni, and pre-packaged deli meats are high in both methionine and sodium, which can worsen cystinuria.
- Your child needs protein to grow and develop appropriately. Grams of protein are listed on food labels. Talk to your dietitian about your child's protein needs.
- Be sure to discuss any changes to your child's diet with his or her physician.



Your child needs _____g of protein each day.