

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.