

FOOD EXCHANGE

DEPARTMENT OF NUTRITION & DIETETICS



About UHS

University Hospital Sharjah (UHS) is a tertiary care multispecialty hospital located in the University City area of Sharjah.

It brings together a multidisciplinary team of physicians, nurses and health-care professionals to address the most complex and challenging medical problems for the residence of Sharjah and Northern Emirates. UHS is also an academic institution and enjoys a robust educational affiliation with the Medical College at University of Sharjah.

With the unlimited support of His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, University Hospital Sharjah will always endeavor to be the leading healthcare provider in the region.

Our Service Strength

325 beds spread across multiple specialties including 210 In-patient beds, 40 Specialty outpatient beds, 34 Emergency beds, 16 ICU beds, 20 Neonatal ICU, 12 Hemodialysis beds, Physiotherapy department, Cardiac Catheterization Laboratory.

Advanced breast cancer treatment and surgical solutions in collaboration with Gustave Roussy Centre.

Regional center of excellence for maternity care with dedicated theatre suite, fetal assessment unit, ultrasound department and neonatal intensive care unit.

First-of-its-kind children's diabetes clinic specialised in providing check-up, follow-up and treatment.

Level 3 NICU equipped to care for babies born at 23 weeks gestation and above as well as babies born with critical illnesses at all gestational ages.

24/7 Emergency Services.

24 hours pharmacy.

“DELIVERING EXCEPTIONAL HEALTHCARE”



Bread and Starch Group

Serving Per Day:

Each serving contains: 15grams of Carbohydrates, 2 grams of Protein, 80 Calories



1, 1/2 Small Digestive Biscuits



30 grams (1 piece) Chebab



1 Slice of Bread



1/8 Large Arabic Bread



1/2 Small Arabic Bread



1/2 Cup Cornflakes



1/2 Cup Macaroni



1/3 Cup Rice



1/3 Cup Peas



1/3 Cup Kidney Beans



1/2 Cup Chickpeas



1/2 Cup Dhal



1/2 Cup Corn



1 Small Potato



1/2 Cup Mashed Potato



10 Pieces Fried Potato



1 oz (1/2) Small Plain Roll



1 oz (1/2) Burger Bun



1/2 Cup Cooked Oat



30 grams Regag



40 grams Chappati



1 Piece Pancake (CD)



1/2 Cup Noodles

Meat Group

Serving Per Day:

Each serving contains: 7 grams of Protein, 75 grams Calories



1 oz (30 grams) Meat



1 oz (30 grams)
Chicken



1 oz (30 grams) Fish



1 oz (30 grams)
Flesh Organs



1 oz (30 grams)
White Cheese



½ Cup Tuna



2 Slices Mortadella



2 Tablespoon Lebna



2 Tablespoon
Peanut Butter



1 Egg

Vegetable Group

Serving Per Day:

Each serving contains: 25 grams Calories, 5 grams of Carbohydrates



1 Cup Fresh Vegetables
(1/2 Cup Cooked)



1 Cup Broccoli



1 Cup Cabbage



1 Cup Carrot



1 Cup Cauliflower



1 Cup Tomato



1/2 Cup Okra



1 Cup Spinach

Fruits Group

Serving Per Day:

Each serving contains: 15 grams of Carbohydrates, 60 calories and 1 gram of Protein



1 Apple



1 Orange



1 Pear



1 Large Tangerine



1 Peach



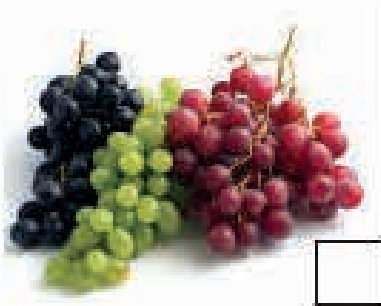
1 Guava



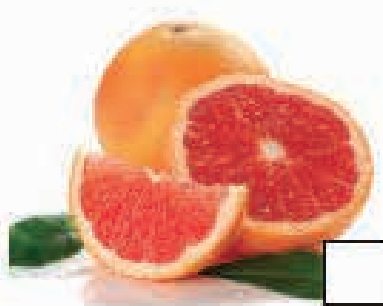
1 Kiwi



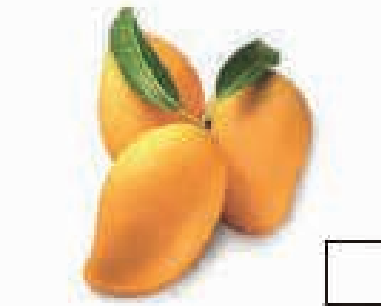
12 Pieces Cherries



15 Pieces Grapes



½ Large Grape Fruit



½ Mango



2 Pieces Medium Figs



3 Pieces Apricot



2-3 Pieces Dates



½ Piece Medium Banana
or 1 Small Banana



1 Cup Cubes Papaya



1 Cup Cubes Sweet Melon



2 Pieces Plums



1 Cup Strawberries



$\frac{3}{4}$ Cup Cubes Pineapple



1 Cup Cubes Watermelon



2 Tablespoon Raisin



$\frac{1}{2}$ Cup Orange Juice



$\frac{1}{2}$ Cup Apple Juice



$\frac{1}{2}$ Cup Grapefruit Juice



$\frac{1}{2}$ Cup Pineapple Juice



$\frac{1}{3}$ Cup Grape Juice



$\frac{1}{3}$ Cup Plum Juice



6 Pieces angosteen



$\frac{1}{2}$ Cup Fruit Salad

Milk Group

Milks

Serving Per Day:

Each Contains: 12 grams of Carbohydrates, 8 grams of Protein



1 Cup Whole Milk
(150 calories)



1 Cup Low Fat Milk
(100 calories)



1 Cup Non-Fat Milk
(85 calories)



Chocolate Milk 100 ml
(155 Calories)



Strawberry Milk 100 ml
(155 Calories)

Yogurt



1 Cup Whole Milk Yogurt
(180 calories)



1 Cup Low Fat Milk Yogurt
(145 calories)



1 Cup Non-Fat Milk Yogurt
(130 calories)

Fat Group

Serving Per Day:

Each contains: 5 grams of Fat, 45 Calories



10 Small Pieces Olives



1 Teaspoon Butter



1 Teaspoon Oil



1 Teaspoon Ghee



1 Teaspoon Margarine



1 Teaspoon Mayonnaise

Nuts



1 oz Almonds

176.9 Calories
14.9 grams Fat
1 gram Carbohydrates



1 oz Coconut

134 Calories
12.4 grams Fat
1.3 grams Carbohydrates



1 oz Peanut

176 Calories
14 grams Fat
3 grams Carbohydrates



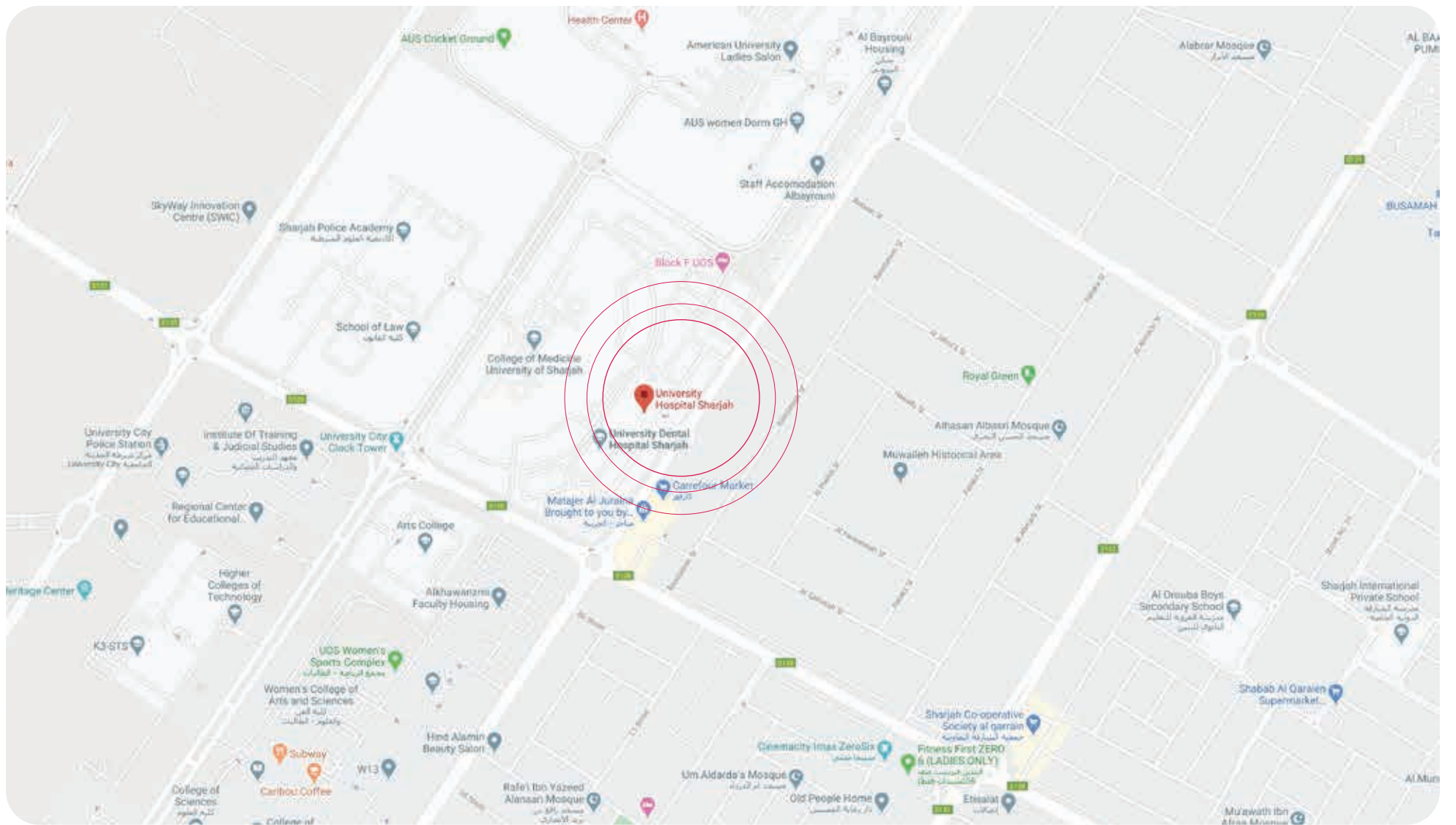
1 oz Pistachio

173 Calories
13.8 grams Fat
2 grams Carbohydrates



1 oz Cashews

172 Calories
13.2 grams Fat
5 grams Carbohydrates



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SHARJAH
مستشفى الجامعة بالشارقة

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