



## Your important health information

# Getting enough protein in your diet

### Why do I need protein?

Protein is important for your immune system. It helps to heal and fight off infection. Eating enough protein also helps you maintain or build lean muscle mass.

Animal foods, including lean red meat, chicken, fish, eggs and dairy foods contain high amounts of protein. Plant-based sources of protein include legumes, lentils, nuts, seeds and tofu.

### How much protein should I eat?

Everyone has different protein needs depending on activity levels, medical conditions and current weight.

Talk with your dietitian about how much protein to aim for each day: \_\_\_\_\_

### Protein sources

Please note: Amounts shown below are approximate and may differ from brand to brand. Check the nutrition information panel for more accurate protein content.

Animal products	
Food	(g)
Beef/mince 100g (cooked)	30
Chicken 100g (cooked)	30
Lamb/Pork 100g (cooked)	30
Fish 100g (cooked)	
- Tuna	30
- White fish	27
- Prawns	24
- Salmon	20
Fish 100g (tinned)	
- Sardines	25
- Tuna/salmon	20
1 egg (large)	6
Sliced ham/chicken/turkey 25g	4

Dairy and alternatives	
Food	(g)
Up n Go 'Energize' 250ml (1 tetra)	17
High Protein Yoghurt (varied brands)	15
Wicked Sister High Protein Pudding	15
Yoghurt 200g (¾ cup)	10
Cottage/Ricotta cheese 60g (3 tbsp.)	10
Hard cheese 40g (2 slices)	10
Custard 250ml (1 cup)	9
Cow's milk 250ml (1 cup)	8
Soy milk 250ml (1 cup)	8
Chocolate mousse, 200g (½ cup)	8
Creamed rice, 150g	5
Ice cream, 100g (2 scoops)	3.5
Almond milk 250ml (1 cup)	2
Rice milk 250ml (1 cup)	1
Coconut milk 250ml (1 cup)	0.5

Plant based products	
Food	(g)
Tofu 100g	12
Lentils 100g (½ cup)	9
Raw nuts 30g (¼ cup)	8
Peanut butter 25g (1 tbsp.)	7
Legumes/Edamame beans (½ cup)	7
Roasted fava beans 25g	7
Tahini paste 25g (1 tbsp.)	5
Roasted chickpeas 25g	5
Chia /Hemp seeds 15g (1 tbsp.)	3
Falafel patties 20g (~1 falafel)	2
Hummus 15g (1 tbsp.)	1
Fruits and vegetables	
Peas (½ cup)	4
Potato (1 medium)	4
Other vegetables (½ cup cooked)	1
Fruit (1 piece or ½ cup)	1

Breads, cereals and grains	
Food	(g)
High Protein bread (1 slice) – varied brands	10-15
Protein muesli bars – varied brands	10
High Protein Cereal (varied brands/serve)	8-10
Wonder White high fibre low GI	8
Wholemeal pita bread (1 large pita)	6
Rolled oats (½ cup raw)	6
Semolina 50g (¼ cup)	6
Multigrain/Soy & Linseed (1 slice)	6
All Bran (½ cup)	6
Quinoa (½ cup cooked)	4
Weetbix (2 biscuits)	4
Just Right (⅔ cup)/Sustain (¾ cup)	4
Pasta/rice (½ cup cooked)	3
Bread, white/wholemeal (1 slice)	3

Examples of high protein meal options in a healthy diet		Estimated protein content
<b>Breakfast</b>	2 eggs + soy and linseed toast (2 slices)	24g
	2 Weetbix + ½ cup All Bran + 1 cup milk + ¾ cup yoghurt	28g
<b>Lunch</b>	Wholemeal Pita wrap with 4 Falafel patties + Hummus + ¾ cup yoghurt + salad vegetables	25g
	Multigrain sandwich (2 slices) + tinned tuna + salad vegetables	28g
	Pea and ham soup + 2 slices multigrain toast + ½ cup yoghurt	28g
<b>Dinner</b>	Lentil dahl + 1 cup basmati rice + ¾ cup yoghurt	29g
	1 cup pasta + ½ cup mince/1 cup lentil sauce + 40g cheese	31g
	100g beef/chicken/fish + 1 medium potato + cooked vegetables	34g

#### Further Information

If you have any questions regarding this information, please contact:

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#### Acknowledgements

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