

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. Protein also helps you maintain or build lean muscle mass.

Protein is found in animal foods including red meat, chicken, fish, eggs and dairy foods. Vegetarian sources of protein include legumes, lentils, nuts, seeds and tofu.

How much protein should I eat?

Everyone has different protein needs depending on body type, 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 100g (cooked)	30
Chicken 100g (cooked)	30
Lamb 100g (cooked)	30
Pork 100g (cooked)	30
Fish 100g (cooked)	
- Tuna	30
- White fish	27
- Prawns	24
- Salmon	20
Fish 100g (tinned)	
- Sardines	25
- Tuna/salmon	20
Sliced ham/chicken/turkey 25g	4
1 egg (large)	6

Dairy and alternatives	
Food	(g)
Cow's milk 250ml (1 cup)	8
Yoghurt 200g (¾ cup)	10
YoPro yoghurt 160g (1 tub)	15
Chobani Fit yoghurt 170g (1 tub)	15
Cottage/Ricotta cheese 60g (3 tbsp.)	10
Hard cheese 40g (2 slices)	10
Custard 250ml (1 cup)	9
Chocolate mousse, 200g (½ cup)	8
Creamed rice, 150g	5
Ice cream, 100g (2 scoops)	3.5
Soy milk 250ml (1 cup)	8
Almond milk 250ml (1 cup)	2
Rice milk 250ml (1 cup)	1
Coconut milk 250ml (1 cup)	0.5
Up n Go 'Energize' 250ml (1 tetra)	17

Plant based products	
Food	(g)
Tofu 100g	12
Raw nuts 30g (¼ cup)	8
Peanut butter 25g (1 tbsp.)	7
Tahini paste 25g (1 tbsp.)	5
Chia seeds/Hemp seeds 15g (1 tbsp.)	3
Lentils 100g (½ cup)	9
Legumes 80g (½ cup)	7
Edamame 70g (½ cup)	7
Roasted fava beans 25g	7
Roasted chickpeas 25g	5
Benfield's chips (11 chips)	5
Falafel patties 20g (~1 falafel)	2
Hummus 15g (1 tbsp.)	1
Tofu 100g	12
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)
Soy and linseed/multigrain (1 slice)	6
Bread, white/wholemeal (1 slice)	3
Bakers Life High Protein bread (1 slice)	12
Wonder White high fibre low GI	8
Wholemeal pita bread (1 large pita)	6
Pasta/rice (½ cup cooked)	3
Quinoa (½ cup cooked)	4
Nutri-Grain/Special K (1 cup)	8
Rolled oats (½ cup raw)	6
Semolina 50g (¼ cup)	6
All Bran (½ cup)	6
Plus Protein cereal (1 cup)	5
Weetbix (2 biscuits)	4
Sustain (¾ cup)	4
Just Right (⅔ cup)	4
Nature Valley protein muesli bars	10
Carmen's protein muesli bars	10
Tasti protein muesli bars	10

Examples of high protein meal options in a healthy diet		Estimated protein content
Breakfast	2 eggs + soy and linseed toast (2 slices)	24g
	2 Weetbix + ½ cup All Bran + 1 cup milk + ¾ cup yoghurt	28g
Lunch	Multigrain sandwich (2 slices) + tinned tuna + salad vegetables	28g
	Pea and ham soup + 2 slices multigrain toast + ½ cup yoghurt	28g
Dinner	100g beef/chicken/fish + 1 medium potato + salad vegetables	34g
	Lentil dahl + 1 cup basmati rice + ¾ cup yoghurt	29g

Further Information

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

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