

PROTEIN

- Protein is an essential component of a healthy, balanced diet.
- Protein-rich foods help to maintain muscle mass and repair bodily cells. They also keep you feeling full and satisfied.
- Proteins are made of amino acids. There are 20 different amino acids. Different chains of amino acids make up different types of proteins. Nine of these amino acids are 'essential', which means they must come from food because your body cannot produce them. The remaining 11 can be produced by your body.
- Animal-based foods contain all of the essential amino acids. Most plant-based foods do not. For this reason, it is important that vegetarians consume a wide range of plant-based foods to get the full complement of amino acids.

How much protein do I need each day?

- **Most people consume far more protein than they actually need.** It is very easy to get enough protein in a healthy diet. There is usually no need for protein shakes and supplements.
- **Only 15-25% of your daily energy intake should come from protein.** This equates to 77-128g protein per day.
- Meat, poultry, seafood, eggs, legumes, tofu, nuts and seeds make up the protein food group. **Dairy foods, soy milk and certain grains** also offer a significant amount of protein.



ONE SERVE OF PROTEIN IS...

Recommended number of serves per day		
Age	Male	Female
19-50	3	2½
51+	2½	2

65g cooked red meat (beef, lamb, pork)

80g cooked poultry (chicken, turkey)

100g cooked fish

Two eggs

One cup of legumes

170g tofu

30g nuts and seeds

Protein in different foods

ANIMAL FOODS

100g raw lean beef rump = 20g protein	100g raw lean chicken breast = 22g protein
100g raw lean lamb steak = 21g protein	Two eggs = 11g protein
100g raw lean pork loin = 24g protein	One cup of milk = 9g protein
100g raw salmon = 21g protein	170g tub of Greek yoghurt = 8g protein
100g raw barramundi = 19g protein	40g cheddar cheese = 10g protein
100g raw prawn meat = 21g protein	Half a cup of ricotta cheese = 14g protein

PLANT FOODS

One cup of canned chickpeas = 11g protein	30g pumpkin seeds = 9g protein
One cup of cooked red lentils = 13g protein	30g almonds = 6g protein
One cup of canned cannellini beans = 16g protein	30g pistachios = 6g protein
One cup of red kidney beans = 13g protein	One tablespoon of peanut butter = 6g protein
100g firm tofu = 12g protein	Half a cup of rolled oats = 5g protein
100g silken tofu = 5g protein	One cup of boiled brown rice = 7g protein

Protein-packed day on a plate Total daily protein intake = 115g

BREAKFAST

Total = 20g protein



2 wholegrain wheat biscuits = **4.5g protein**
 1 cup of milk = **8.8g protein**
 125g punnet of blueberries = **0.7g protein**
 1 tablespoon of peanut butter = **6.1g protein**

MORNING TEA

Total = 10g protein



170g plain Greek yoghurt = **8.1g protein**
 Banana = **1.4g protein**

LUNCH

Total = 39g protein



One wholemeal wrap = **5.5g protein**
 100g poached chicken breast = **27g protein**
 1 cup salad leaves = **1g protein**
 1 slice cheddar cheese = **5.2g protein**

AFTERNOON TEA

Total = 6g protein



4 wholegrain crispbreads = **2.8g protein**
 2 tablespoons hummus = **2.5g protein**
 1 carrot = **0.8g protein**

DINNER

Total = 40g protein



1 fillet of salmon = **31g protein**
 Half a sweet potato, roasted = **4g protein**
 1 cup of cauliflower, roasted = **2.2g protein**
 One wholemeal dinner roll = **3.5g protein**