

Protein



Why do we need protein?

To help the body grow, repair and to make hormones and enzymes.



Protein helps our bodies:

- Keep muscles strong, improving balance and mobility.
- Repair our tissues, for example, wound healing or broken bones.
- Fight infections by supporting our immune systems.



How much protein should I eat?

On average, we need 1-1.5g of protein per kg of body weight per day. Try to have a good source at each meal time. However, this advice may differ depending on different health conditions. If you have any queries, please discuss with your dietitian.

Eating too little protein over prolonged periods of time can result in weakness, frailty and taking longer to recover from illness.



Tips for increasing protein intake:

- Aim to have source of protein at each meal time (see below).
- Base snacks around protein sources (see below) Compare food labels to check which similar foods have the higher protein content.
- If you are struggling to meet your protein requirements, you could fortify your diet with extra protein. For example, add cheese to meals or dried skimmed milk powder to milk.



Protein sources in our diet:

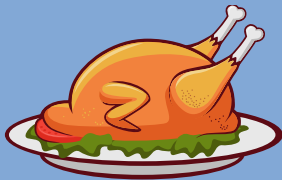
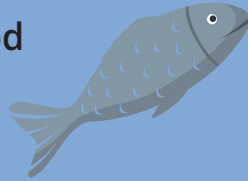
- It is important to have a variety of different protein sources throughout the day, especially if you are vegetarian or vegan, to ensure you are getting the nutrition you require.
- It is recommended getting protein sources naturally from our diet before adding any supplements.



Protein Sources

Animal based products

- Eggs
- Fish and seafood
- Lean meat
- Poultry
- Wild game
- Dairy products such as milk, yoghurt and cheese



Food item	Approximate protein (g) per 100g/100ml
Egg	13g
Haddock	23g
Salmon fillet	24g
Tuna steak	30g
Canned tuna –in water	26g
Prawns	17g
Beef	27g
Pork	23g
Chicken breast	29g
Chicken thigh – skinless and boneless	25g
Turkey breast	29g
Bacon medallions	28g
Sausages	16g
Cow's milk	4g
Full fat greek style yoghurt	4g
Fat free greek style yoghurt	8g
Cheddar cheese	25g

Plant based products

- Beans and lentils
- Tofu
- Soya (edamame bean)
- Nuts and seeds
- Tempeh
- Seitan
- Nutritional yeast
- Dairy alternatives, e.g. soya drinks, yogurts



Food item	Approximate protein (g) per 100g/100ml
Seitan	23
Tofu	12
Tempeh	21
Edamame (soya) beans	13
Baked beans in tomato sauce	5
Red kidney beans	7
Canned chickpeas –in water	7
Red lentils	12
Nutritional yeast	49
Peanut butter	26
Peanuts	27
Almonds	21
Cashews	19
Sunflower seeds	20
Pumpkin seeds	27
Chia seeds	21
Almond drink-unsweetened	1
Soya drink –unsweetened	3
Oat drink	1
Vegan cheese	0
Plain soya yoghurt	4
Plain coconut yoghurt	2

