

# A GUIDE TO PROTEIN-RICH MEALS



## Protein is important

- Healthy muscles for an active lifestyle.
- A satisfying meal for those who need to manage their weight.
- For those who could benefit from increasing the protein in their diet where there is an indication for this.

## Good sources of protein

100g lean beef		31g
100g poultry		30g
100g fish		23g
100g nuts		18g
100g egg		13g
100g cooked or canned legumes e.g. lentils, chick peas, kidney beans		8g
100g reduced fat yogurt		7g

## How to get more protein

- To make a protein-rich meal, choose from the list below either:  
**Two options OR double one option.**

½ small steak	½ small fish fillet	1 tub yoghurt	2 slices ham
1 small chop/cutlet	¼ chicken breast	2 slices cheese	1 rasher lean bacon
1 slice roast meat	65g firm tofu	1 egg	1 handful (30g) nuts
½ small can of tuna, salmon or sardines	1 glass milk or non-dairy calcium fortified milk	1/2 cup cooked or 1/4 can legumes	1 tbs nut paste

- Have **two** protein-rich meals a day.



**Breakfast**  
1 egg and 2 slices of cheese



**Dinner**  
1 small steak