

Getting the right amount of protein

Why is protein important?

Protein is an important building block of our immune system, helping us to heal and fight off infection. It also helps us to maintain or build lean muscle mass.

How much protein do I need?

Everyone has different protein needs. Your protein needs depend on many factors including if you are losing muscle mass, the presence of disease or infection and physical activity. Eating the right amount of protein is important. Your Dietitian can advise you on how much protein you need each day.

What foods contain protein?

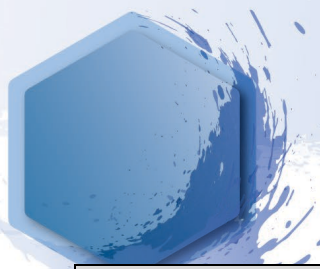
Animal foods such as red and white meat, seafood, eggs, milk and milk products like custard, yoghurt and cheese are complete protein sources. This means they include all 9 essential amino acids that our body needs.

Most plant foods are referred to as incomplete protein sources as they do not include all 9 essential amino acids. If you follow a vegetarian or vegan diet you will need to eat a variety of different sources of protein to ensure you have included all important amino acids.

You need a total of _____ grams (g) of protein each day

Meat and alternatives	
Food	Grams (g)
Beef, chicken, lamb, pork 100g, lean/ cooked	30
Fish 100g, cooked	25
1 medium egg	6
Ham, chicken or turkey 25g	4
Tuna/ salmon, canned 100g	21
Tofu 100g	10
Dahl 100g	15
Baked beans 75g / 1/2 cup	4
Cannellini beans, chickpeas, brown lentils, red kidney beans, canned 75g / 1/2 cup	5
Black beans 75g / 1/2 cup	6
Falafel patties 50g	5
Raw nuts 30g / 1/4 cup	8

Milk, milk products & alternative milk products	
Food/drink	Grams (g)
Milk, cows or goats or soy 250mL / 1 cup	9
Milk powder 35g	9
Ready to drink milk drinks e.g. <i>Up n Go Energize™</i> 250mL	17
<i>Breaka™</i> 250mL	8
Custard 250mL / 1 cup	9
High protein yoghurts e.g. <i>YoPro™</i> 160g / 1 small tub	15
<i>Chobani™</i> 170g / 1 small tub	14
Yoghurt 200g / 1 tub	11
Cottage or ricotta cheese 60g / 3 tablespoons	8
Hard cheese 40g / 2 slices	10
Ice cream 85mL / 3 level scoops	2



Milk, milk products & alternative milk products	
Food/ drink	Grams (g)
High protein ice cream e.g. <i>FroPro</i> TM 67g / 1 tub	7
<i>Halo</i> TM 64g / ½ cup	5
Creamed rice 150g	4
Rice milk, almond milk 250mL / 1 cup	1
Coconut milk 250mL / 1 cup	<1
Coconut water 250mL / 1 cup	<1

Non-animal products	
Food/ drink	Grams (g)
Green Peas, cooked 75g / ½ cup	4
Peanut butter 25g / 1 tablespoon	6
Tahini seed paste 25g	5
Cashew cream ¼ cup	3
Chia seeds 15g	3
Linseed sunflower almond (LSA) - 12g	3
Cacao 1 tablespoon	1.5
Vegan egg replacer made with chia seeds 9g	1

Grains	
Food	Grams (g)
Breads, pasta and rice 1 slice or cooked ½ cup	3
Porridge / oats, raw ¼ cup	3
Grains	
Rice porridge, raw ¼ cup	2-3
<i>Nutri-Grain</i> TM , <i>Special K</i> TM 1 cup	8
Semolina 50g	6
<i>All Bran</i> TM ½ cup	5
<i>Plus Protein</i> TM 1 cup	5
<i>Weetbix</i> TM 2 biscuits	4
<i>Sustain</i> TM ¾ cup	4
<i>Just Right</i> TM ⅔ cup	4
Besan / chick pea flour 125g	20
Quinoa, cooked ½ cup	4
Buckwheat flour 1 cup	14
Coconut flour 100g	19
Almond meal ½ cup	6
Pea protein 3 heaped tablespoons	21

Fruit and vegetables	
Food	Grams (g)
Fruit and vegetables 1 piece or cooked ½ cup	1

Although fruit and vegetables are an important part of our everyday diet they are not high in protein and are therefore not a priority food group in your diet for meeting your protein needs. Fruit and vegetables are still encouraged in your diet for other essential nutrients and can still be added to food for texture, taste and enjoyment. Your dietitian can advise on appropriate amounts of fruit and vegetables to include each day.