

Getting the right amount of protein

This resource explains why we need to eat protein. Choose the common foods containing protein below to help you reach your protein goal.

Your protein goal is _____ grams (g) each day.

Why is protein important?

- Maintains muscle mass, strength, and function
- Helps to build muscle mass when combined with exercise
- Important for our immune system, and helps us to fight off infection and heal

How much protein do I need?

- Everyone has different protein needs
- Your needs reflect your medical condition, treatments and how active you are

What foods contain protein?

- Animal foods usually contain the highest amount of protein in each serve. Examples include red and white meat and seafood. Eggs, milk and milk products like custard, yoghurt and cheese are also high in protein.
- Some plant foods are also good sources of protein. For example, nuts, legumes and lentils, soy products such as soy milk, soy yoghurt and tofu
- If you follow a vegetarian or vegan diet you will need to eat a variety of plant foods to meet your daily protein goal.






What about fruit and vegetables?

- They provide vitamins, minerals and fibre but are not high in protein
- It's okay to eat less fruit and vegetables if you are struggling to meet your protein goal. This may help you to prioritise other foods higher in protein.

Foods and their protein amount




This list does not contain every food and its protein content. It lists common foods and serve sizes to help you understand the amount of protein you need to reach your goal. Use the tick column to mark foods you like to eat or might like to eat more of to help you eat enough protein.

Meat and Non-Meat Alternatives

Food	Serve Size (pictures)	Protein (g)	Tick your preferences
Beef, chicken, lamb, pork	100g cooked/lean	30	
Fish	100g cooked	25	
Tuna/ salmon canned	100g/1 small tin	21	
Dahl	100g	15	
High protein soups e.g. <i>Heinz Plant Proteinz™</i> , <i>Strength Meals Co™</i>	1 serve	15-20	
Tempeh	100g	10	
Tofu 	100g	10	
Raw nuts 	30g or ¼ cup or 1 handful	8	
Paneer	50g	7	
Egg 	1 medium	6	
Black beans	75g / ½ cup	6	
Cannellini beans, chickpeas, brown lentils, red kidney beans (canned) 	75g or ½ cup	5	
Falafel patties 	1 serve or 50g	5	
Ham, chicken or turkey slices	25g	4	
Baked beans	75g or ½ cup	4	





			
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Dairy and Non-Dairy Alternatives


Food/drink	Serve Size	Protein (g)	Tick your preferences
High protein yoghurts e.g. YoPro™, YoPro Perform™, Chobani Fit™	1 tub or 160-170g	15	
Yoghurt 	1 tub or 200g	10	
Hard cheeses (e.g. Cheddar)	2 slices or 40g	10	
Milk - cows / goats / soy	1 cup or 250mL	9	
Milk powder	35g or 3 tablespoons	9	
Custard 	1 cup or 250mL	9	
Flavoured Milk (e.g. Breaka™) and drinking yoghurts (e.g. YOP™) 	1 tetra or 200mL	8	
Cottage or ricotta cheese	60g or 3 tablespoons	8	
High Protein Ice-Cream e.g. FroPro™ or Halo Top™	½ cup or 65g	5-7g	
Creamed rice	150g or 1 tub	4	
Ice cream	85mL / 3 level scoops	2	
Rice or almond milk	1 cup or 250mL	1	
Coconut milk or water	1 cup or 250mL	<1	


Grains

Food	Serve Size (pictures)	Protein (g)	Tick your preferences
Besan / chickpea flour	125g or ½ cup	20	
Coconut flour	100g	19	



Buckwheat flour	1 cup	14	
High protein cereal bars e.g. <i>Carman's Protein™</i>	1 bar	10	
Nutri-Grain™ cereal Special K™ cereal	1 cup	8	
Semolina flour	½ cup	8	
Naan bread 	1 large or 70g	6	
All Bran™	½ cup	6	
Almond meal	½ cup	6	
Pasta made from legumes or chickpeas (cooked)	½ cup	6	
Plus Protein™ cereal	1 cup	5	
Quinoa, cooked	½ cup	4	
Weetbix™ cereal	2 biscuits	4	
Sustain™ cereal	¾ cup	4	
Just Right™ cereal 	2/3 cup	4	
Bread	1 slice	3	
Pasta and rice (cooked) 	½ cup	3	
Porridge / oats (raw) 	¼ cup	3	
Vegetables/Fruit	1 piece or ½ cup	1	

Other Non-Animal products

Food/ drink	Serve Size	Protein (g)	Tick your preferences
Peanut butter 	25g or 1 tablespoon	6	
Tahini/sesame seed paste	25g or 1 tablespoon	5	
Green Peas, cooked	½ cup or 75g	4	
Cashew cream	¼ cup	3	
Chia seeds	15g or 1 tablespoon	3	
Linseed sunflower almond (LSA)	12g or 1 tablespoon	3	

			
Cacao powder	1 tablespoon	2	
Vegan egg replacer made with chia seeds	9 grams	1	

Nutritional supplements or powders

Food/ drink	Serve Size	Protein (g)	Tick your preferences
Whey protein powder	30g	22	
Pea protein powder 	3 heaped tablespoons	21	
Resource 2.0	1 tetra or 3 x shots of 80mL	20	
<i>Up n Go Energize™</i> Milk Drink	1 tetra or 250mL	17	
Collagen protein powder	15g	15	
<i>Sustagen™ Hospital Formula</i> Powder 	3 scoops or 60g	14	
Ensure Plus or Fresubin Energy Fibre	1 carton/tetra	12-13	
Resource Fruit	1 tetra	10	

Key takeaways

- Examples of high protein foods are meats, eggs and milk products. Legumes, lentils, nuts and seeds are also high in protein.
- Include a high protein food or drink at each meal and snack
- Tick the protein foods you enjoy. Use your list when planning meals and snacks

For further information, contact your Dietitian or Nutritionist:
