

Protein

Protein breaks down in the body into over 20 amino acids of which 8 are classed as essential, in that they cannot be produced by the body and must therefore be obtained from our diet. The protein in foods varies in both its quantity and quality. Animal sources protein such as meat, fish, game, poultry & dairy are complete sources of protein, containing all of the amino acids, where as plant sourced protein is referred to as complementary, because it is missing some. Therefore, vegetarians need to eat a mix of complementary proteins, so that the amino acids missing from one food can be supplied by another. As long as a variety of plant foods, such as whole grains, rice, corn, beans, legumes, oatmeal, peas and nuts & seeds are eaten over the course of a day then individual protein needs can be easily met.

Most people need around **50 grams** a day, so two of any of the servings below along with the protein included in snacks, such as nuts and seeds etc would be OK. However, when ill, recovering from surgery or injury, or doing lots of sport you may need three servings a day.

Eggs / dairy	Amount required for 20g serving	Quality of protein
Cheddar cheese	84g	Excellent
Cottage cheese	120g / 1 small pot	Excellent
Eggs	3 medium	Excellent
Whole milk	600ml	Excellent
Natural yogurt	3 small pots	Excellent

Meat & Fish	Amount required for 20g serving	Quality of protein
Beef	80g/2 slices	Excellent
Chicken	71g - 1 small breast roast	Excellent
Cod	35 1 small fillet	Excellent
Lamb chop	110g / 1 small chop	Reasonable
Oysters	182g	Excellent
Sardines / mackerel	100g / 1 serving	Excellent
Scallops	113g / 1 serving	Excellent
Tuna, in water	84g / 1 small tin	Excellent
Halibut	74.9g / 1/4 fillet	Excellent
Salmon	73g ½ fillet	Excellent
Haddock	82.5g	Excellent
Trout	1 fillet	

Nuts/seeds	Amount required for 20g serving	Quality of protein
Almonds	110g	Reasonable
Cashew nuts	112g	Reasonable
Peanuts	90g	Reasonable
Pumpkin seeds	70g	Reasonable
Sunflower seeds	188g	Reasonable

Grains & Pulses	Amount required for 20g serving	Quality of protein
Baked beans	430g	Reasonable
Brown rice	400g	Excellent
Chick peas	109g	Reasonable
Corn	500g	Reasonable
Kidney Beans	230g	Reasonable
Lentils	92g	Reasonable
Quinoa	100g dry weight	Excellent
Soya beans	60g	Reasonable
Tofu	275g	Excellent
Wheatgerm	132g	Reasonable
White rice	338g	Reasonable

Vegetables	Amount required for 20g serving	Quality of protein
Broccoli	600g	Reasonable
Green beans	200g	Reasonable
Peas, frozen	259g	Reasonable
Potatoes	950g	Reasonable
Spinach	390g	Reasonable

The foods in green are the preferred choices