

PLANT PROTEIN SOURCES

Food sources and recommended daily intakes

EGGS & DAIRY		
Food Source	Qty	Protein Content
Egg, poached	1	6g
Milk, full fat cow's	100mL	3.5g
Cheese, full fat cheddar	100g	24.6g
Fetta, goat/sheep	100g	17.4g
Cream cheese, full fat	100g	11.1g
Yoghurt, natural full fat	100g	6g
LEGUMES		
Food Source	Qty	Protein Content
Tofu, firm	100g	12g
Tofu, silken	100g	8.1g
Red lentils	100g	6.8g
Yellow split peas	100g	6.6g
Kidney beans, tinned	100g	6.6g
Chickpeas, tinned	100g	6.3g
NUTS & SEEDS		
Food Source	Qty	Protein Content
Almonds, raw	25g	6g
Cashew nuts, raw	25g	5g
Walnuts, raw	25g	4g
Pumpkin seeds, raw	25g	6.1g
Sunflower seeds, raw	25g	6.7g
Peanut butter, no salt or sugar	100g	23g
Tahini	100g	22g
Chia seeds	100g	16g
GRAINS		
Food Source	Qty	Protein Content
Oats, whole	100g	11g
Rice, raw brown	100g	7.2g
Quinoa	100g	4g
Buckwheat, groats	100g	11.7g



Recommended Daily Intakes

Infant (0-6mths)	1.4g/kg
Infant (7-12mths)	1.6g/kg
Child (1-3ys)	1.1g/kg
Child (4-8yrs)	.9g/kg
Girls (9-13yrs)	.87g/kg
Boys (9-13yrs)	.94g/kg
Teenage Girls (14-18yrs)	.77g/kg
Teenage Boys (14-18yrs)	.99g/kg
Women (19-70yrs)	.75g/kg
Men (19-70yrs)	.84g/kg
Women (70+yrs)	.94g/kg
Men (70+yrs)	1.07g/kg