

PROTEIN CONTENT OF COMMON FOODS

MEAT & FISH

Food Source	Qty	Protein Content
Chicken Breast, skin off roasted	100g	34g
Beef	100g	28g
Snapper, 1 fillet	170g	45g
Salmon, 1/2 fillet	180g	39g
Tuna, tinned	85g	22g
Turkey, skin off roasted	85g	25g

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

HEALTH BENEFITS

Protein is a critical nutrient to build new cells and for tissue repair. It's the building blocks of muscles, cartilage, bones, skin and blood. The nutrient is used to make enzymes and hormones, and to carry oxygen around the body.

Protein can help to:

- Maintain a healthy immunity
- Assist in hormone production
- Aid recovery
- Maintain healthy skin & hair
- Support weight loss
- Support digestive system
- Stabilise blood sugar levels
- Sustain lean muscle & prevent wastage.

Signs you may be deficient in protein include poor immune response, reduced appetite, impaired cognitive function, mood swings, skin problems, failure to thrive in children, poor sleep patterns, muscular weakness and delayed wound healing.



Your palm is a great tool to help determine your protein portion.

Men: 2 palms of protein dense foods;
Women: 1 palms of protein dense foods