

Protein Facts

Proteins are made up of amino acids, which are the building blocks for most functions in the body.

They are involved in:

Building: throughout your life protein will build cells, tissues and muscles.

Repair: helps your body heal cuts and wounds.

Protect: helps your immune system build antibodies that protect you from disease.

Assist with weight loss: by making you feel full.

Enzymes: aids in digestion and metabolism



MEAT

Per 100g serve

Pork = 22.7g

Chicken = 22.3g

Turkey = 21.6g

Beef = 12.1g

Lamb = 10.8g

FISH

Per 100g serve

Tuna = 23.4g

Salmon = 20.7g

Prawn = 20.5g

Whiting = 20.4g

Cod = 18.8g

VEGETABLES

Per 100g serve

Soy beans = 31.3g

Lima beans = 21.4g

Green peas = 5.9g

Sun dried tomato =

11.2g

Broccoli = 4.4g

FRUIT

Per 100g serve

Dried currants = 2.8g

Raisins = 4.7g

Dried figs = 3.6g

Dried apricots = 4.3g

Prunes = 2.3g

SEEDS

Per 28g serving

Sunflower seeds = 7.5g

Pumkin seeds = 6.8g

Seasame seeds = 6.2g

Flax seeds = 5.1g

Chia seeds = 4.4g

NUTS

Per 28g serving

Peanuts = 6.9g

Almonds = 5.4g

Pistachio nuts = 5.5g

Cashews = 4.7g

Walnuts = 4.0g

DAIRY

Per 100g serving

Cheddar cheese = 24.6g

Cottage cheese = 15.4g

Yoghurt (Plain) = 6g

Milk (regular) = 3.5g

EGGS

Small egg 38 g = 4.9 g

Med. egg 44g = 5.7g

Large egg 50g = 6.5g

XLarge egg 56g = 7.3g

Jumbo egg 63g = 8.2g

Nuttab 2010.

HOW MUCH PROTEIN SHOULD I EAT?

The amount of protein needed each day will depend on a person's age, gender and activity. Generally, 10–35% of your daily calories should come from protein. An easy way to determine how much protein you should have, is to look at your plate each time you eat, about 1/4 of your plate should be a source of protein.

OR

Aim for at least your own body weight in grams per day; for example, if you weight 65kg, then you should consume at least 65g of protein every day.

