

PROTEIN POWER

Protein is the building block for all our cells via their molecules - amino acids. The body can't store protein for the long term, we need to replenish the supply by consuming protein-rich foods every day.

ESSENTIAL FOR:

Muscle growth and tissue repair -

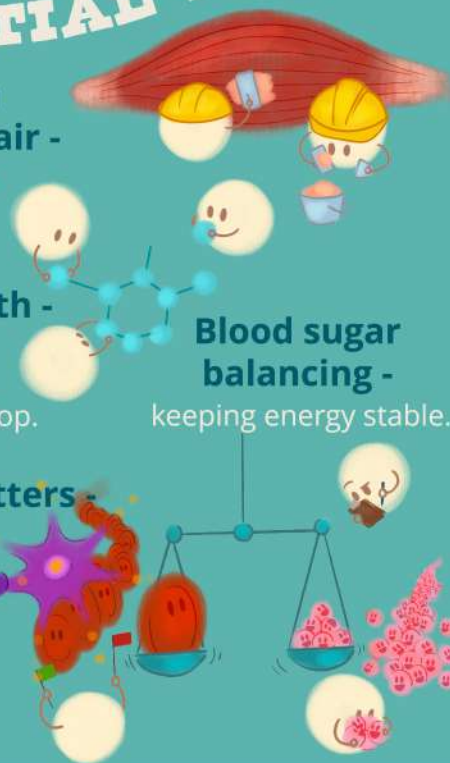
the key nutrient to building muscles.

Hormone health -

creates structural framework for hormones to develop.

Neurotransmitters

making our brain chemicals.



Blood sugar balancing -

keeping energy stable.

Prawns & other crustaceans (in moderation i.e. 1-2 portions per week).



Pulses, lentils, beans - variety is best.



Nuts and seeds
- raw or roasted (eg. nut butters).
- a handful a day is the recommended portion size.
- these are high in good fat.



Natural yoghurts
- (vary in protein) good levels in Skyr, Greek and Kefir.



Organic tofu or tempeh (firm or silken).



Cheese
- (varies in protein) soft cheese is lowest & Swiss cheese is at the higher end.



Free range/organic eggs.



Fish (wild-caught is best)
- oily fish is optimum eg. salmon or mackerel - tinned, frozen, or fresh.

Beef/pork (free range/organic)
- eat in moderation (1-2 portions per week max).



Chicken/turkey (free range/ organic).

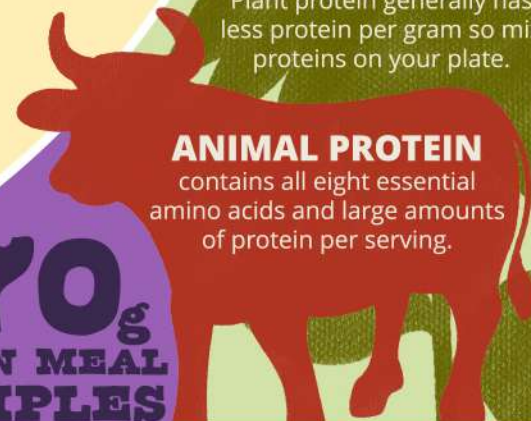
PLANT PROTEIN

does not contain all eight in one source, so a variety of plant-based proteins in adequate portions ensures all eight amino acids are eaten.

Plant protein generally has less protein per gram so mix proteins on your plate.

ANIMAL PROTEIN

contains all eight essential amino acids and large amounts of protein per serving.



GREAT PROTEIN SOURCES:

Typical serving size*	How much protein?*
1 medium sized fillet of chicken (~175g)	41g
125g of lean beef	39g
1 fillet (~120g) salmon	29g
50g (1/2 a tin) of tuna	12.5g
120g (1/2 a tin) of kidney beans or chickpeas	9g
1 medium egg	6g
1 tablespoon of nut butter	4g
1 cup of broccoli (~80g)	3.5g
1 tablespoon of sunflower seeds	3g
10 almonds	2.5g
30g soft cheese	1.6g
1 tablespoon of hummus	1g

*values subject to natural variation

HOW MUCH DO YOU NEED?

1.2g - 1.5g per kg of body weight is an optimal level.
Roughly 84g - 105g of protein for a 70kg person.

70g PROTEIN MEAL EXAMPLES

MEAL EXAMPLES BASED ON 20 - 30G PROTEIN PER MEAL

Breakfast

150g of plain natural yoghurt (3 - 4 tablespoons)
2 tbsp chia seeds or nutty granola



Serving suggestion

10 almonds
1 cup of blueberries

LUNCH

85g (3 oz) Salmon

Serving suggestion

2 cups mixed salad
½ avocado
2 tbsp olive oil



DINNER

100g (3.5 oz) chicken

Serving suggestion

1 cup cauliflower
2 tbsp butter

