

12 PROTEIN SOURCES

Below are some examples of key protein sources in the diet. Try to eat a variety, including non-meat sources.

Protein Source	Protein Content/100g	Key Nutrients/ Plus Points	Be Careful!
Eggs	12.5g	All essential amino acids* (‘building blocks’ for protein).	
Lentils	8.8g	Low fat making a good alternative to meat.	Introduce into the diet gradually - can produce intestinal gas.
Meat – Beef	15.5g	Haem Iron, Selenium, Zinc & Vitamin B12.	Fat and saturated fat levels.
Turkey breast	35.0g	Haem Iron.	





Protein Source	Protein Content/100g	Key Nutrients/ Plus Points	Be Careful!
Fish eg. salmon	24.2g	Omega 3 essential fatty acids,* Vitamin B12, Haem Iron.	Tuna must be fresh (ie. not canned) to gain omega 3 benefits.
Mixed nuts Seeds	22.9g 19.8g	Omega 3 & omega 6 essential fatty acids.*	Small quantities only.
Peas/beans eg. chickpeas, red kidney beans.	8.4g	Non-haem iron (not as easily absorbed by the body as haem iron). Take with Vitamin C-rich foods to increase absorption.	Introduce into the diet gradually - can produce intestinal gas.

* Must be consumed in the diet since body cannot make these.

