- Foods / Proteins—nutrition

WHERE TO FIND PROTEIN

So you want to increase your protein, but which foods should you be eating? Here's our handy guide...



CHICKEN BREAST
SERVING: 100g (3.5oz)
PROTEIN: 31g
CALORIES: 165



PRAWNS
(COOKED AND PEELED)
SERVING: 75g (2.6oz)
PROTEIN: 10g
CALORIES: 50



SALMON
SERVING: 100g (3.5oz)
PROTEIN: 25g
CALORIES: 210



5% FAT BEEF MINCE
SERVING: 100g (3.5oz)
PROTEIN: 21g
CALORIES: 130



TUNA
(CANNED IN WATER)
SERVING: 100g (3.5oz)
PROTEIN: 27g
CALORIES: 120

* Figures are for guidance only as products can differ. Please check product packaging for exact nutritional information.

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED • NOT FOR SALE • PRINTED FROM PRESSREADER • PERSONAL COPY

30 DAYS TO Increase Your Protein



BLACK BEANS (TINNED)
SERVING: 100g (3.5oz)
PROTEIN: 5g
CALORIES: 72

EGGS
SERVING: 1 large egg
PROTEIN: 6g
CALORIES: 70

TEMPEH
SERVING: 100g (3.5oz)
PROTEIN: 21g
CALORIES: 208

COTTAGE CHEESE
SERVING: 110g (½ cup)
PROTEIN: 12g
CALORIES: 110

CHIA SEEDS
SERVING: 15g (½ oz)
PROTEIN: 3.5g
CALORIES: 63

MILK
SERVING: 200ml (¾ cup)
PROTEIN: 7g
CALORIES: whole - 132, semi-skimmed - 100

PRINTED FROM PRESSREADER
PERSONAL COPY
NOT FOR SALE
COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED



COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED
PRINTED FROM PRESSREADER
NOT FOR SALE
PERSONAL COPY