

My protein-rich foods reminder



Almond butter and almonds



Asparagus



Avocado



Baked beans



Bok choy



Bread (wholemeal)



Breakfast cereals:
Muesli, Porridge, Ready Brek,
Shredded Wheat and Weetabix



Broccoli



Brussels sprouts



Cashew nuts



Chapatti & soya flour



Chia seeds



Chickpeas



Edamame (soya beans)



Hemp seed



Lentils (all types)



Mushy peas/peas



Peanut butter and peanuts



Pistachio nuts



Quinoa



Red kidney beans



Rice (brown)



Sesame seeds
(in Tahini and Hummus)



Spaghetti
(whole wheat)



Sunflower seeds



Tempeh and Tofu



Walnuts



Watercress

TOP TIP!

Raise your protein intake by adding any tinned beans/lentils (unsalted) to salads, curries, soups etc and snack on a small handful of unsalted mixed nuts once daily

How high is high?

Some examples of our super-protein heroes contained in medium-sized servings:

Tofu 18g of protein per 100g; Lentils 18g per 200g; Peanuts 13g per 50g bag; Bok choy 13g in one head; Edamame 12g per 100g; Tempeh 10g per 50g; Pistachios 10g per 50g; Almonds 10g per 50g; Baked beans 10g per ½ can; Mushy peas 9g per ½ can; Kidney beans 7g per 100g; Chickpeas 7g per 100g

How much should I eat a day?

On average, men should eat **55g** and women **45g** of protein daily. (Physically active people may need more, about 1g of protein per kg of body weight.)