

My protein-rich foods reminder



Almond butter and almonds



Baked beans



Bread (wholemeal)



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



Broccoli



Brussels sprouts



Cashew nuts



Chapati & soya flour



Chia seeds



Chickpeas



Crispbreads & crackers:
Rye, wholewheat and oat



Edamame (soya beans)



Hemp seed



Hummus



Lentils (all types)



Mock meats



Mushy peas/peas



Peanut butter and peanuts



Pistachio nuts



Quinoa



Red kidney beans



Rice (brown)



Sesame seeds
(in Tahini and Hummus)



Sunflower seeds



Tempeh



Tofu



Walnuts



Wholewheat pasta

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 12-22 g of protein per 100 g; Lentils (cooked) 18 g per cup 200 g; Peanuts 7 g per 28 g (a small handful); Oats (dry) 11 g per cup (81 g); Edamame (shelled) 12 g per 100 g; Tempeh 10 g per 50 g; Pistachios 6 g per 28 g; Almonds 6.3 g per 28 g; Baked beans 10 g per ½ can; Mushy peas 8 g per 140 g; Kidney beans 14 g per cup (177 g); Chickpeas 14.5 g per cup (164 g)

How much should I eat each day?

On average, men should eat **55 G** and women **45 G** of protein daily. (Physically active people may need more, 1-1.6 g of protein per kg of body weight.)