



PROTEIN COUNTER

- Protein is important to build muscle, repair wounds and make hormones.
- Everyone requires protein in their diet, however some people may require a high or low protein diet.

My protein requirements are:

Food Source vs Protein Content

MEAT AND ALTERNATIVES



Beef (100g*)
Protein: 28g



Chicken (100g*)
Protein: 28g



Lamb (100g*)
Protein: 25g



Pork (100g*)
Protein: 33g



Prawns (100g*)
Protein: 24g



Fish (100g*)
Protein: 22g



Eggs (2)
Protein: 12g



Tofu (100g)
Protein: 14g



Tempeh (100g)
Protein: 23g

GRAINS, NUTS AND PULSES



Quinoa (1/2 cup cooked/120g)
Protein: 4.7g



Chickpeas (canned) (1 cup/150g)
Protein: 9.5g



Chia (1 tbs)
Protein: 3g



Brown lentils (cooked) (1 cup/150g)
Protein: 15g



Mixed nuts (30g)
Protein: 5g



Peanut butter (1 tbs)
Protein: 4g



Baked beans (1 cup/150g)
Protein: 8g

DAIRY AND ALTERNATIVES



Soy milk (1 cup)
Protein: 7g



Hard Cheese (40g)
Protein: 9g



Cows milk (1 cup)
Protein: 8g



Almond milk (1 cup)
Protein: 1.5g



Greek yoghurt (200ml)
Protein: 10g



Ice-cream (25g scoop)
Protein: 1g



Cottage cheese (1/2 cup/120g)
Protein: 18g

OTHER



Oral Nutrition Supplement (200ml)
Protein: 10-20g



Protein bar
Protein: 10-45g

*Cooked weight

Reference: AUSNUT 2011-2013 food nutrient database.

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