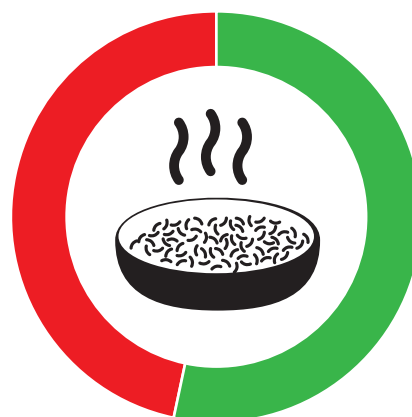
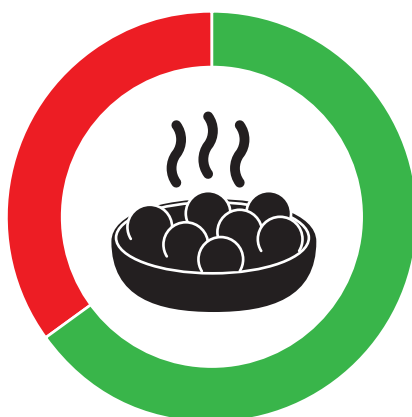
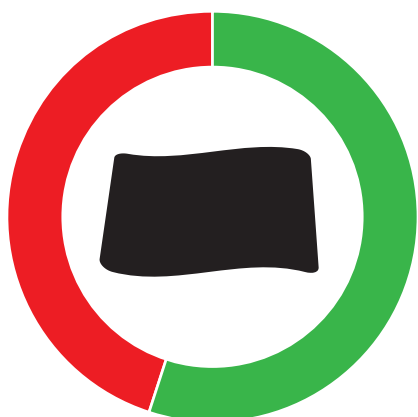
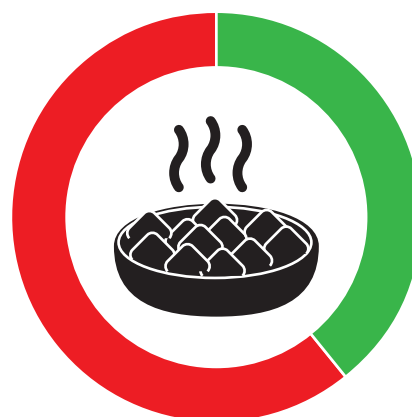
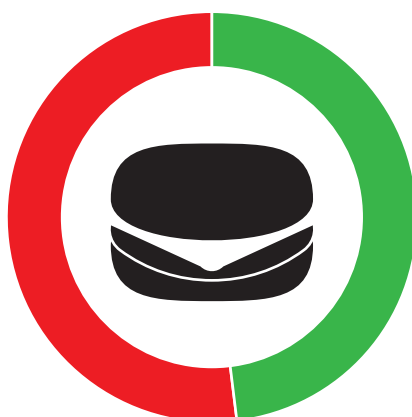
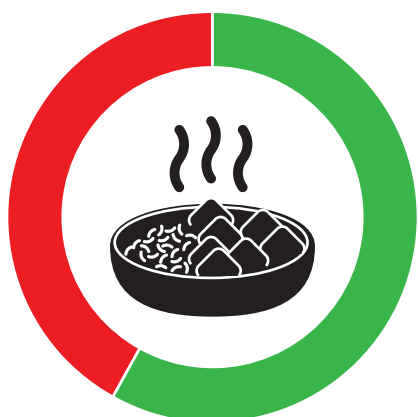
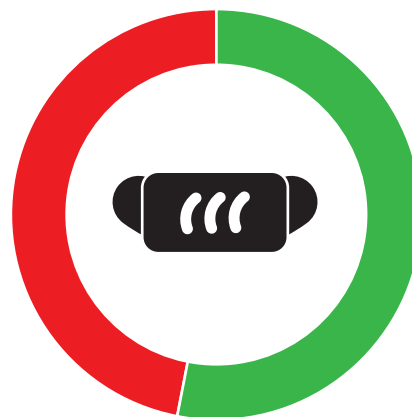


Where do you get your protein?

The protein content of 100g of meat-based foods (red) and meat-free alternatives (green)



Ham Slices 18.4g | Vbites Meat-free Ham slices 22.5g

Chicken nuggets 10g | Fry's Chicken-style Nuggets 18.7g

Beef Mince, stewed 19g | Meat the Alternative Beef-style mince (soya) 21.8g