

## My protein-rich foods reminder



**Chapatti and soya flour**  
1 cup chapatti – 10g, soya – 32g



**Mock meats**  
Check packaging for details – 100g may contain 10-30g



**Tofu**  
100g – 12-22g



**Tempeh**  
100g – 20g



**Breakfast cereals:**  
Muesli, porridge, Ready Brek, Shredded Wheat and Weetabix  
1 cup muesli (100g) – 11-14g



**Edamame (soya beans)**  
10 tbsp (100g) – 12g



**Lentils (all types)**  
10 tbsp (120g), cooked – 11g



**Baked beans (haricot)**  
½ can – 10g



**Bread (wholemeal)**  
2 medium slices – 9g



**Kidney beans**  
10 tbsp (110g) – 9g



**Wholemeal pasta**  
1 cup (140g) – 8g



**Quinoa**  
1 cup (185g), cooked – 8g



**Peanut butter and peanuts**  
28g (small handful) of peanuts – 7g,  
1 tbsp of peanut butter – 4g



**Chickpeas**  
10 tbsp (90g) – 7g



**Almonds**  
28g (small handful) of almonds – 6g,  
1 tbsp of almond butter – 3g



**Pistachio nuts**  
28g (small handful) – 6g



**Rice (brown)**  
1 cup (202g), cooked – 6g



**Cashew nuts**  
28g (small handful) – 5g



**Mushy peas/peas**  
10 tbsp (100g) peas – 5g



**Crispbreads and crackers:**  
Rye, wholemeal and oat  
3 pieces – 3-5g (check packaging)



**Walnuts**  
28g (small handful) – 4g



**Brussels sprouts**  
1 cup (156g) – 4g



**Hummus**  
4 tbsp – 4g



**Broccoli**  
1 cup (cooked) – 4g



**Hemp seeds**  
1 tbsp – 3g



**Sesame seeds**  
(in tahini and hummus)  
1 tbsp – 2g



**Sunflower seeds**  
1 tbsp – 2g



**Chia seeds**  
1 tbsp – 2g

### 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

### Other good sources

Oats (dry) 11g per cup (81g);  
Mung beans (cooked) 9g per 10 tbsp (130g);  
Wholemeal pitta 6g per piece (58g);  
Barley (cooked) 5g per cup (157g);  
Oatcakes 4g per 5 oatcakes (40g);  
Soya yoghurt 4g per 100g;  
Kale (cooked) 4g per cup (118g);  
Nutritional yeast 4g per 1 tbsp;  
Pumpkin seeds 2g per 1 tbsp

### How much should I eat each day?

On average, men should eat

**55G**

and women

**45G**

of protein daily. (Physically active people may need more, 1-1.6g of protein per kg of body weight.)