



Protein content of foods

Note: Foods are composed of a mix of the macronutrients, so 100g of meat does not provide 100g of protein.

Food	Protein (g)
Fish (100g salmon fillet)	32
Lamb 100g	30
Chicken 100g	29
Beef 100g	27
Tuna tin (95g)	20
Yoghurt (1 cup)	13
Tofu (100g)	12
Tempeh burger (69g)	12
Legumes (1/2 cup hummus)	9
Soy milk (200ml)	8
Oats (1/2 cup – 50g)	8
Cottage cheese 2 tbs	8
Egg (1)	7
Nuts (25 almonds) (¼ cup)	6
Smoked salmon (50g)	6
Nuts cashews (14)	6
Baked beans (100g)	5
Muesli ½ cup	5
Weetbix (2)	4
Nuts (3 brazils)	3

Source: Food Sources of Nutrients, Dr Antigone Kouris-Blazos 2011

Protein

Protein rich foods provide us with the building material for the growth and maintenance of all body tissues, including muscle. However to build strength, muscle cells need physical activity and all the nutrients – not just protein.

Recommended intake of protein: The Australian Dietary Guidelines recommend 2-3 serves of protein per day. Including at least one protein rich food at breakfast will ensure you stay satisfied for hours and curb sugar cravings. The RDI (recommended daily intake) of protein is 64g for males, and 46g for females - although if you are training, it is likely you may need slightly more than this.



6 easy ways to add protein to your smoothie

- 4 Tbs yoghurt (7 g protein)
- Small handful of nuts or seeds (9 g protein)
- 1 Tbs nut butter (almond-brazil- cashew or peanut) (3.5g protein)
- 1 cup milk (7g protein)
- 2 Tbs chia seeds (4g protein)
- 1 Tbs oats (4g protein)