

## PROTEIN SOURCES & QUANTITY EQUIVALENTS

<b>Meats</b>		<b>Cereal *</b>	
Rump steak, lean, grilled 180g raw	33 g	Rolled oats, raw, 30g	3.6 g
Blade steak, lean, grilled, 100g raw	32 g	Porridge, ¾ cup	3.6 g
Mince, 100g raw	46 g	Muesli, natural, ¼ cup	2.9 g
Liver (beef), grilled, 85g	23 g	Barley bran, 20g	2.0 g
Lamb mid loin chop, grilled, 95g raw	11 g	Wheat germ, 2 tbsp	4.0 g
Pork, lean 100g	23 g		
Ham, average 2 slices 50g	5.5 g	<b>Rice</b>	
		White, cooked, ½ cup	2.0 g
		Brown, cooked ½ cup	2.5 g
<b>Chicken</b>		<b>Nuts &amp; Seeds</b>	
Cooked, no skin, 100g	28 g	Almonds, 30g	6.0 g
Breast, 80g no skin	22 g	Cashews, 30g	5.0 g
¼ chicken, grilled/take away 100g	25 g	Peanut butter, 1 tbsp	7.5 g
		Walnuts (15-20 halves)	7.0 g
<b>Fish</b>		Sesame seeds, 1 tbsp	2.5 g
White fish, 100g raw	17.5 g	Sunflower seeds, 30g	6.5 g
Grilled/baked, 100g	21 g	Tahini, 1 tbsp	3.5 g
Tuna, canned 100g	29 g		
Salmon, pink, canned 100g	20 g	<b>Fruit</b>	
Sardines, drained, 35g	9 g	Avocado, ½ medium	2.5 g
Crabmeat, cooked 100g	20 g	Figs, dried, 3	2.0 g
Prawns, cooked, ½ cup/50g	12 g	Dates, 4-5	0.7 g
Oysters, raw, 6 medium	6.5 g		
Crayfish/lobster, cooked	22 g		
		<b>Vegetables</b>	
<b>Eggs</b>		Beans, cooked 100g	7.0 g
1 large, whole	6 g	Baked beans, ½ cup	7.0 g
Egg yolk	3 g	Mung bean sprouts, 1 cup	3.0 g
Egg white	3 g	Broccoli, 2 florets	2.0 g
Omelette, plain (2 eggs)	13 g	Lentils, cooked 30g	2.7 g
		Spinach, raw 100g	2.4 g
<b>Milk/Dairy *</b>		Mixed vegies, 100g	2.4 g
Full cream milk, 250ml	8.5 g	Soy beans, ½ cup	12 g
Cottage cheese, 30g	5.0 g	Tofu, raw, firm, 150g	10 g
Skim milk, 250ml	9.0 g		
Soy milk, 250ml (full cream)	5 to 10 g		
Egg custard, ½ cup/125ml	7.3 g		
Fruche, 250ml	14 g	<b>Other</b>	
Yoghurt, 200g	8.0 g	Brewer's yeast, dry, 1 tbsp	5.0 g
		Breast milk, 100ml	1.1 g
<b>Cheese *</b>			
Firm cheeses, 30g	7.5 g		
Reduced fat, 30g	25 g		
Cottage cheese, 30g	5.0 g		
Low fat (7%), 30g	10 g		
Ricotta, 30g	3.3 g		

The average person requires between 50 to 60 grams of protein per day. This increases with physical activity, pregnancy and lactation, convalescence, impaired digestion and numerous other factors.

\* Note - dairy or gluten intolerance and Blood Types O and A