**How to Increase your Protein Intake**

The average person needs between 60 - 80g protein per day. Your Dietitian can calculate your exact protein requirements if necessary.

Make sure you include a good source of protein with every meal and aim for approximately 20g protein per meal if possible.

Top tips: Eat protein rich foods first followed by your vegetables and finally your carbohydrates.

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| **Portion** | **Protein** |
| **Dairy** |  |
| 200g milk | 7 g |
| 200g soya milk | 6 g |
| 20g skimmed milk powder | 7 g |
| 150g yogurt | 7 g |
| 150g Low fat Greek yogurt | 12 g |
| 25g hard cheese (match box size) | 6 g |
| 75g cottage cheese | 10 g |
| 75g low fat soft cheese | 6 g |
| 2 x eggs | 16 g |

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| **Meat** |  |
| 75g beef / lamb/ pork/ chicken | 22 g |
| 75g corned beef | 19 g |
| 75g fish | 18 g |
| 75g prawns | 17 g |
| 85g tinned sardines | 20 g |
| **Beans & Pulses** |  |
| 200g baked beans (half a can) | 10 g |
| 100g lentils | 8 g |
| 100g split peas | 8 g |
| 25g nuts | 5 g |
| 75g Quorn | 8 g |
| 2 x falafels | 4 g |
| 1 x tablespoon peanut butter | 4 g |
| **Other** |  |
| 200g Ready made cottage pie (half meal) | 9 g |
| ½ chicken salad sandwich  | 12 g |
| ½ Egg sandwich | 8 g |
| 1 slice bread | 4 g |
| 50g pasta | 2 g |
| 50g rice / potatoes | 1 g |
| 1 x pitta bread / 1 wrap | 5 g  |