

Best protein sources

Eat first to meet your daily protein target

Lean meat, chicken, fish, eggs, tofu, nuts, seeds & legumes

Eat 30 g (or more) of protein from these foods each day

5 g protein choices

chia seeds (1 tablespoon)
firm tofu (30 g cube 3x3x3cm)
mixed nuts (**only** 40 g a day)
oysters (20 g)

peanut butter (1 tablespoon)
prawn meat (20 g)
Quorn mince (1/3 cup)
tahini (1 tablespoon)

10 – 15 g protein choices

chicken (50 g cooked)
eggs (2 medium sized)
fish (50 g cooked)
lean meat (50 g cooked)

roast beef (3 shaved slices)
tuna (70 g can)
salmon (70 g can)
turkey (3 shaved slices)

Dairy foods*

Eat 30 g (or more) of protein from dairy foods each day

10 g protein choices

cottage cheese (1/4 cup)
high protein milk (150ml)
lactose free lite milk (250 ml)

lactose free yoghurt (250 g)
low fat cheddar cheese (2 slices)
low fat yoghurt (150 g)

low fat custard (300 g)
lite & skim milk (250 ml)
milky coffee (250 ml)

skim milk powder (1/3 cup)
smooth ricotta cheese (130 g)
soy milk, calcium fortified (300 ml)

*provides calcium to preserve bone strength so use a calcium supplement if you don't eat 2-3 dairy foods daily

Nourishing legumes that contain a combo of protein, carb & fibre

Enjoy regularly

5 – 8 g of protein & 10 - 15 g of carbohydrate per serve

baked beans (1/3 cup | mini can)
black beans (1/2 cup)

brown lentils (1/3 cup tinned)
chickpeas (1/3 cup)

four bean mix (1/3 cup)
kidney beans (canned 1/2 cup)

red lentils (dried 35 g)
roasted chickpeas (1 pack)

Healthy quality carbohydrates

Include one choice at meals & snacks once you're easily eating your daily protein target

Fruit and vegetables with 10 - 15 g of carbohydrate per serve

apple (1 small)
banana (1 small)
blueberries (1/2 cup)
cherries (10)

corn kernels (1/2 cup)
cranberries (15 dried)
kiwi fruit (1)
grapes (15)

mandarine (1 small)
mango (1/2)
nectarine (1)
orange (1 medium)

passionfruit pulp (100g)
pear (1 small)
potato (chat size)
prunes (4-5)

pumpkin (3/4 cup)
raspberries (1 cup)
strawberries (1/2 punnet)
sweet potato (4 wedges)

Grain (cereal) foods

10 - 15 g carbohydrate choices with highest protein and/or fibre

breakfast cereal

natural bircher muesli (1/4 cup)
all bran original (1/4 cup)
porridge (1/2 cup cooked)
Be Natural mini bites (1/3 cup)
sultana bran (1/3 cup)

cereal snack bars**

Arnold's Farm snack bar (1)
Be Natural trail bar (1)
Carman's greek yoghurt berry protein bar
Heritage Mill roasted nut protein bar
Uncle Toby's Body Wise bar (1)

grains (ready to eat)

corn thins (3 to 4)
ryvita original rye (3)
Vita-wheat (3 to 4)
sandwich thin (1)
wrap (1/2)

grains (to cook)

brown rice (1/4 cup cooked)
cous cous (1/3 cup cooked)
quinoa (cooked 1/3 cup)
risoni (20 g dry)
small pasta (cooked 1/3 cup)

**Choose cereal snack bars with care as there are many unhealthy choices available

Vegetables providing 1 – 2 g of fibre per serve

Only add these veggies once you're easily eating your daily protein target

broccoli (1 floret)
cabbage (1/2 cup raw)
carrots (1/2 medium)

capsicum (1/3 medium)
cauliflower (1 floret)
cucumber (1 small)

eggplant (2cm slice)
green beans (5 to 6)
lettuce & spinach (1/2 cup)

mushrooms (3 small)
onions (1/2 medium)
peas (1/4 cup)

snow peas (8)
tomatoes (1/2 medium)
zucchini (1/2 medium)