

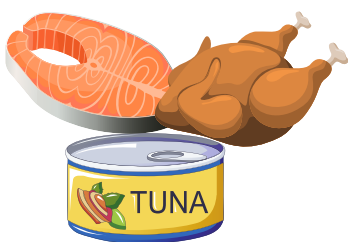
Protein

What is protein and why is it important?

Protein is an important part of a balanced diet. Proteins are made up of building blocks called amino acids which are important for growth and repair of tissues, muscles and bones. Protein can also be used by the body to give us energy, just like fats and carbohydrates. Many foods high in protein have other benefits. Important nutrients like iron and zinc are found in red meats. Omega 3 for a healthy heart and vitamin D for healthy bones are found in oily fish like salmon. Plant protein sources like soya, beans and lentils a great option because they are low fat, high in fibre and contain other beneficial vitamins and minerals. Every day, we should aim to include some protein in our meals, this can help keep us feeling full for longer after a meal.

Protein sources

Fish and Meat



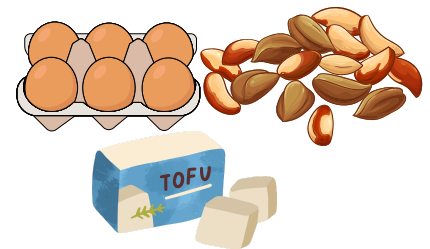
Beans and Lentils



Dairy



Eggs, Nuts and Soya



How much protein do I need?

It is recommended that protein makes up 10-15% of your daily diet.

How much you need will depend on your body size, age and activity level.

- Adults need about 0.75g per kilo body weight.
- An average women needs around 45g/day and men need around 55g/day. Most people in the UK get about double this.
- Marathon runners or athletes need about double the average recommended amount (1.2g/kg body weight)

Including two portions of protein a day is recommended. This looks like two palm sized portions of meat or fish. Many products on the market now - protein shakes, milks, bars, balls are generally not necessary.

Tips

- Try to substitute some meat in meals for fish, eggs or low fat dairy
- Choose plant proteins a few times a week (check out our lentil bolognese recipe)
- Choose low fat dairy or lean cuts of meats where possible

References and more info:

British Dietetic Association Available: <https://www.bda.uk.com/uploads/assets/61ad81e4-ea30-41d3-a03717a2467754d9/Practical-guide-other-sources-of-PROTEIN.pdf>

NHS Eatwell Guide Available: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

British Heart Foundation Available: <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/protein>