

Protein Foods

Sources, roles and practical portions - realistic options, not a universal gram prescription.



Animal sources

Eggs e.g. 2 eggs

Fish / seafood about a palm-sized piece

Poultry / meat cooked palm-sized piece

Yoghurt / strained yoghurt bowl or single-serve pot

Cottage cheese / cheese depends on the meal and product



Portions are visual reference points. Needs and meals differ.



Plant sources

Lentils / beans / chickpeas bowl or cooked fist-sized portion

Tofu / tempeh about a palm-sized piece

Soy and soy foods check protein on the label

Peas / pulse-based spreads part of a meal/snack

Combinations with grains vary across the day



Not every plant-based meal needs a "perfect" combination.

CONVENIENT AND MIXED OPTIONS



Quick foundations

Canned beans/fish • boiled eggs • yoghurt • ready-to-eat tofu



In a meal

Egg/fish/pulse-spread sandwich • stew • omelette • rice with tofu/chicken



At snack time

Yoghurt + fruit • egg + bread • soy drink + oats

PRACTICAL USE

- Look for a clear protein foundation at several eating occasions rather than leaving everything until dinner.
- Choose three sources the client likes, can afford and can realistically access.
- Nuts and seeds contribute protein, but their main role is often fat and energy.

Do not trial a food in the context of allergy. Refer for medical questions or therapeutic needs.