

# Protein Counter

Aim for at least 60g per day.

Food item	Serve size	Protein (grams)
Beef, Lamb, Pork, Veal	30 grams	8
Chicken, No skin	30 grams	8
Fish	30 grams	8
Prawns	5 pieces	7
Lobster, Crab	30 grams	5
Egg	1	6
Baked Beans, Kidney beans, Chick peas	½ cup	7
Milk	1cup (250mls)	8
Yoghurt – vary widely, look for high protein options such as Chabani™ and Yopro™	Approx. 200g	5 – 22g pending brand
Cheese, tasty	1 slice (approx.21g)	5
Cheese, Parmesan grated	¼ cup (approx. 25g)	8
Cheese, Cottage/ Ricotta	100g	12
Soybeans	50g	8
Tofu	100g	8
Soy milk, plain	250mls	8
Nuts, peanuts / cashews	30g	6