

10

BEST SOURCES OF ANIMAL PROTEIN

1

FISH

100g cooked or 130g raw fish contains 32g protein.

2

LAMB LEG

100g cooked or 130g raw lamb contains 30g protein.

3

LEAN SKINLESS CHICKEN

100g cooked contains 29g protein.

4

BEEF

100g cooked or 130g raw contains 27g protein.

5

CANNED SALMON/TUNA

100g drained contains approx. 25g protein.

6

PORK

100g cooked contains 23g protein.

7

NATURAL YOGHURT

200g natural yoghurt contains 12g protein.

8

HARD CHEESE

30g hard cheese contains 8g protein.

9

COTTAGE CHEESE

2tbs cottage cheese contains 8g protein.

10

COWS MILK

200ml cows milk contains 7g protein (equiv. for same amount of soy milk).

