

# A Guide to eating more *Protein*

## Why Is Protein Important For Weight Loss?

Protein Reduces Appetite and Makes You Eat Fewer Calories  
 Protein Makes You Lose Weight, Even Without Conscious Calorie Restriction  
 Protein Makes You Burn More Calories  
 Protein reduces levels of the hunger hormone, while it boosts the appetite-reducing hormones  
 Protein Cuts Cravings and Reduces Desire for Late-Night Snacking

## Good Sources Of Protein

100g Whey Protein Isolate	90g
100g Lean Chicken	31g
100g Lean Beef	21g
100g Mixed Nuts	18g
100g Salmon	16g
100g Egg	13g
100g Cooked Or Canned Legumes e.g. Lentils, Chick Peas	12g
100g Reduced Fat Greek Yogurt	10g

## How To Get More Protein

### 1 Make Protein Rich Meals

To make a protein-rich meal, choose from the list below either: Two options OR double one option

½ small steak	½ small fish fillet	1 tub yoghurt	2 slices ham
1 small chop or cutlet	¾ chicken breast	2 slices cheese	1 rasher lean bacon
1 slice of roast meat	65g firm tofu	1 egg	1 handful nuts
½ small can of tuna, salmon or sardines	1 glass milk or non-dairy calcium fortified milk	½ cup cooked or ¼ can legumes	1 tbs nut paste

### 2 Have 3 - 4 protein-rich meals a day.



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## Let's break down your goal.

If you need to have **100 g of protein each day**, here is what you could have:

## Example meals

Breakfast	Protein Smoothie (1 scoop protein powder)	25g protein
Snack	100g Cottage Cheese (with carrot sticks, rice crackers etc) and salsa	11g protein
Lunch	Chicken Salad (100g raw chicken breast) plus salad of choice with balsamic vinegar	31g protein
Snack	Small tin tuna	17g protein
Dinner	Lean Mince (100g raw mince) bolognaise on Zoodles	22g protein

**Total = 106 g protein**

How to calculate the *Protein* content  
in food

1. Choose the most lean source possible (e.g. lean mince, chicken breast, fish, low fat Greek yoghurt)
2. Enter the food into My Fitness Pal (or similar calorie tracking app)
3. Enter the serving size (raw weight)
4. Record the protein value
5. Keep track of your total protein intake over the day

Ways to boost *Protein*

1. Have an extra protein shake
2. Have casein protein powder at night
3. Add some nuts into your day
4. Increase lean meat portion size

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As you read this list and values, its helpful to say 'If I eat 100g of [food] (this is the weight of the uncooked food), I will get [X]g of protein'.

<b>FOOD</b>	<b>PROTEIN /100G</b>
<b>POULTRY</b>	
Chicken breast (skin off/roasted)	30
Chicken thigh (skin off/roasted)	26
<b>RED MEAT</b>	
Lean sirloin steak (pan fried)	30
Lean beef mince (pan fried)	28
Lean tenderloin steak (pan fried)	28
<b>PORK</b>	
Lean tenderloin (pan fried)	28
Bacon (Canadian style fried)	24
<b>LAMB</b>	
Lamb leg (boneless)	27
Lamb backstrap	24

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<b>FOOD</b>	<b>PROTEIN /100G</b>
<b>SEAFOOD</b>	
Tuna (in water)	27
Snapper (baked)	26
Salmon (poached)	25
<b>EGGS</b>	
2 eggs (whole)	13
2 eggs (white only) 10	10
<b>DAIRY</b>	
Cheese	25
Cottage cheese	11
Greek yoghurt (low-fat)	10
Milk (low-Fat)	9
Milk (full cream)	8

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<b>FOOD</b>	<b>PROTEIN /100G</b>
<b>NUTS AND SEEDS</b>	
Peanuts	26
Almonds	21
Sunflower seeds	21
Pumpkin seeds (papitas)	19
Cashews	18
Walnuts	16
Macadamias	11
<b>LEGUMES AND GRAINS</b>	
Kidney beans (raw)	24
Chickpeas (cooked)	19
Soybeans (cooked)	17
Lentils (cooked)	10
Baked Beans	6

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<b>FOOD</b>	<b>PROTEIN /100G</b>
<b>LEGUMES AND GRAINS cont.</b>	
Brown rice (steamed)	3
White rice (basmati/steamed) 3	3
<b>SUPPLEMENTS</b>	
Whey protein isolate (WPI)	92
Whey protein concentrate (WPC)	80
Soy protein isolate	80
Brown rice protein	77
Pea protein	75
<b>MISCELLANEOUS</b>	
Tofu	18
Coconut milk	2
Coconut yoghurt	2

# Common **Myths** about *Protein*

***“The body can only absorb and use 25g of protein in one meal”.***

The body will absorb all protein from a meal but how much protein it uses is demand driven; for instance, a body-builder will likely require and use more protein than a sedentary, untrained office worker because the body of the former has a higher requirement for muscle repair and growth.

***“Excess protein will turn to fat if not used by the body”.***

The human body cannot store excess protein. Unneeded amino acids get broken down by the liver and removed by the kidneys and therefore not turned to fat.

***“Consuming a high protein diet can cause kidney damage”.***

Recent scientific reviews of protein dosing and health have confirmed the safety of high protein diets (up to 3g/kg) in adults with healthy kidneys and no history of kidney disease.

***“It is best to consume protein within 30 minutes of finishing a resistance workout”.***

Consuming protein is recommended within 3-4 hours of resistance training but protein demand can be elevated for up to 24 - 48 hours.

***“Consumption of excess protein will result in muscle gain even if an individual does not participate in any physical activity”.***

Without sufficient physical stimulus (e.g. resistance training) excess protein will be excreted from the body and muscles will not grow.

***“Protein is only needed for consumption by those who exercise regularly or want to put on muscle mass”.***

Adequate protein is essential for growth, repair and overall health throughout the lifespan regardless of lifestyle; it is needed for all biological processes on a daily basis and is essential for optimal health, even in individuals who do not exercise.

***“Protein shakes (i.e. whey protein) are the only source of protein that should be consumed after a workout”.***

While protein shakes are convenient and quickly absorbed, it is best to get all the body's protein needs from whole food sources. These come with a variety of other beneficial nutrients like fibre, vitamins and minerals that may not be available in protein supplements.