

# ANIMAL PROTEINS



## ANIMAL-BASED HIGH-PROTEIN FOODS

FOOD ITEM	PROTEIN CONTENT PER 100g	TYPICAL SERVING SIZE	PROTEIN CONTENT PER SERVING
CHICKEN BREAST	31g	100g (3.5 ounces)	31g
SALMON	25g	100g (3.5 ounces)	25g
LEAN BEEF	36g	100g (3.5 ounces)	36g
TURKEY BREAST	29g	100g (3.5 ounces)	29g
PORK CHOPS	27g	100g (3.5 ounces)	27g
EGGS	13g	2 large eggs	13g
GREEK YOGHURT	10g	245g (1 cup)	24.5g
COTTAGE CHEESE	12g	240g (1 cup)	28.5g
WHOLE MILK	3.4g	250g (1 cup)	8.5g
TUNA	30g	100g (3.5 ounces)	30g
SHRIMP	24g	100g (3.5 ounces)	24g
BEEF JERKY / BILTONG	33g	28g (1 ounce)	9.2g
MUSSELS / CLAMS	25g	100g (3.5 ounces)	25g

Remember that you need between 0.8 - 1.2g protein per kg of your bodyweight per day. Calculate the total amount of protein you are getting by considering the serving size and amount of protein per serving. For example: 200g chicken breast = 61g of protein. 50g beef jerky = 66g protein.

Animal proteins are complete proteins - they contain ALL essential amino acids and these amino acids are very bio-available. However, choose your animal proteins wisely. Unprocessed, free-range, grass-fed, wild, hormone-free and ethically farmed animal proteins are best.

# PLANT PROTEINS



## PLANT-BASED HIGH-PROTEIN FOODS

FOOD ITEM	PROTEIN CONTENT PER 100g	TYPICAL SERVING SIZE	PROTEIN CONTENT PER SERVING
TOFU	8g	100g (3.5 ounces)	8g
TEMPEH	19g	100g (3.5 ounces)	19g
LENTILS	9g	200g (1 cup)	18g
CHICKPEAS	19g	165g (1 cup)	32g
BLACK BEANS	21g	175g (1 cup)	36g
KIDNEY BEANS	24g	175g (1 cup)	42g
EDAMAME BEANS	11g	155g (1 cup)	17g
GREEN PEAS	5g	160g (1 cup)	8g
ALMONDS	21g	28g (1 ounce)	6g
QUINOA	4.1g	185g (1 cup)	6g
PEANUT BUTTER	25g	32g (2 tablespoons)	8g
CHIA SEEDS	17g	28g (1 ounce)	5g
SPINACH	3g	30g (1 cup)	1g
BROCCOLI	3g	95g (1 cup)	2.9g
OATMEAL	16.9g	155g (1 cup)	26g
SOY MILK	3.3g	245g (1 cup)	8g

Plant-based proteins usually do not contain the full complement of amino acids and therefore it is a good idea to combine plant-based proteins to make sure you are getting all the amino acids you need. You will need to eat larger volumes of plant-based foods to achieve optimal protein intake but plants provide fantastic additional health benefits like fibre, phytonutrients, antioxidants, vitamins and minerals. Include plant-based proteins as often as you can in your diet.