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Inclusive Integrated Healthcare  
In clinic & online services

# PROTEIN

## HOW TO GET ENOUGH IN YOUR DIET

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Proteins are created when amino acids are linked together to perform a function. It is known that there are two different classes of amino acids, these being essential and non-essential. Non-essential amino acids are those that can be made in the body, however essential amino acids are those that must be consumed through the diet as we cannot make these ourselves.

There are 9 essential amino acids that have to be consumed in the diet to maintain health. Proteins are utilised by the body for many functions including but not limited to; tissue and cell repair, hormone production, production of enzymes, blood clotting and balancing the fluid in the body.

Foods that contain what we call complete proteins (they contain all 9 essential amino acids) are generally only found in animal proteins, however it is possible as a vegan or vegetarian to obtain consumption of complete proteins by doing what we call protein combining that will be explained below.

Protein combining is consuming two food groups that together have all 9 essential amino acids. Combinations for vegans and vegetarians are as follows;

### VEGETARIAN COMPLETE PROTEIN SOURCES

Combine grains with a dairy product, for example;

**Grains;** oats, oatmeal, brown rice, barley, whole rye, buckwheat, whole-wheat cous cous, corn, freekeh, millet, spelt wholegrains & amaranth.

**Dairy products;** milk, cheese (not highly processed) & yoghurt.

- Bread with unprocessed cheese
- Pasta with cheese
- Wholegrain cereal with milk (eg porridge)
- Yoghurt mixed with rolled oats

### VEGAN COMPLETE PROTEIN SOURCES

Combine seeds and pulses together in a meal, for example;

**Seeds** - chia seeds, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds & quinoa, rice, hemp seeds, pomegranate seeds, apricot kernels, cumin seeds

**Pulses** - chickpeas, lentils (any colour), baked beans, broad beans, kidney beans, butter beans (Lima beans), haricots, cannellini beans, flageolet beans, pinto beans and borlotti beans, runner beans

**NOTE** - Seeds or pulses can also be combined with grains as outlined in the vegetarian section for obtaining a complete protein.

## RECOMMENDED DIALY INTAKE OF PROTEIN

This varies dependant on your age and the needs of your body. The following information has been averaged directly from the government website of Nutrient Reference Values. Most packaged foods will have nutrient reference values on the packaging, however the table following this provides examples of foods and their protein nutrient values.

AGE/STAGE OF LIFE	GRAMS OF PROTEIN PER DAY
0-6 months (breast milk or formula)	10g
7-12 months	14g
1-3 years	14g daily or 1.08g per kilogram of body weight
4-8 years	20g daily or 0.91g per kilogram of body weight
<b>9-13 years</b>	
Average Daily Intake Goal	35-40g daily or 0.87 - 0.94g per kilogram of body weight
<b>14-18 years</b>	
Average Daily Intake Goal	45-65g daily or 0.77- 0.99g per kilogram of body weight
<b>19-30 years</b>	
Average Daily Intake Goal	46 - 64g daily or 0.75 - 0.84g per kilogram of body weight
<b>31-50 years</b>	
Average Daily Intake Goal	46 - 64g daily or 0.75 - 0.84g per kilogram of body weight
<b>51-70 years</b>	
Average Daily Intake Goal	46 - 64g daily or 0.75 - 0.84g per kilogram of body weight
<b>70+ years</b>	
Average Daily Intake Goal	57 - 81g daily or 0.94 - 1.07g per kilogram of body weight
<b>DURING PREGNANCY</b>	
14-18 years	58g daily or 1.02g per kilogram of body weight
19-30 years	60g daily of 1g per kilogram of body weight
31-50 years	60g daily or 1g per kilogram of body weight
<b>DURING LACTATION</b>	
14-18 years	63g daily or 1.1g per kilogram of body weight
19-30 years	67g daily or 1.1g per kilogram of body weight
31-50 years	67g daily or 1.1g per kilogram of body weight

To give you an idea of the amount of protein you will get from different foods please see the table below.

PROTEIN SOURCES IN GRAMS	
PLANT BASED FOODS FOR VEGETARIANS & VEGANS	
FOOD	GRAMS OF PROTEIN
Tofu $\frac{3}{4}$ cup	19g
Cooked soybeans $\frac{1}{2}$ cup	15g
Cooked lentils $\frac{1}{2}$ cup	9g
Cooked beans	7g
Hommus $\frac{1}{4}$ cup	5g
Seeds 2 tbsp	4g
Quinoa $\frac{1}{2}$ cup cooked	4g
MEAT SOURCES	
FOOD	GRAMS OF PROTEIN
85g of chicken	23g protein
85g of pork	22g protein
85g of beef	21g protein
85g of prawns	19g protein
1 cup greek yoghurt	19g
85g of salmon	17g protein
1 cup of milk	8g protein
1 egg	7g
28g of cheese	7g

*For more information on the amount of protein that is right for you to consume daily, get in contact with us via phone or email and we can give you a hand navigating the figures above!*