



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Plant-based mince

14.9g protein

(100g, cooked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Red lentils

4.1g protein

(120g, cooked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Red kidney beans

10.3g protein

(120g, canned, drained)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

100% Peanut butter

4.6g protein

(15ml spoon)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Chickpeas

10.1g protein

(120g, canned, drained)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Tofu

6.5g protein

(80g, steamed)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Butter beans

7.1g protein

(120g, canned, drained)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Green lentils

3.9g protein

(120g, cooked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Pumpkin seeds

4.9g protein

(20g)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Baked beans

10g protein

(200g, canned)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Salmon fillet

35.3g protein

(140g, baked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

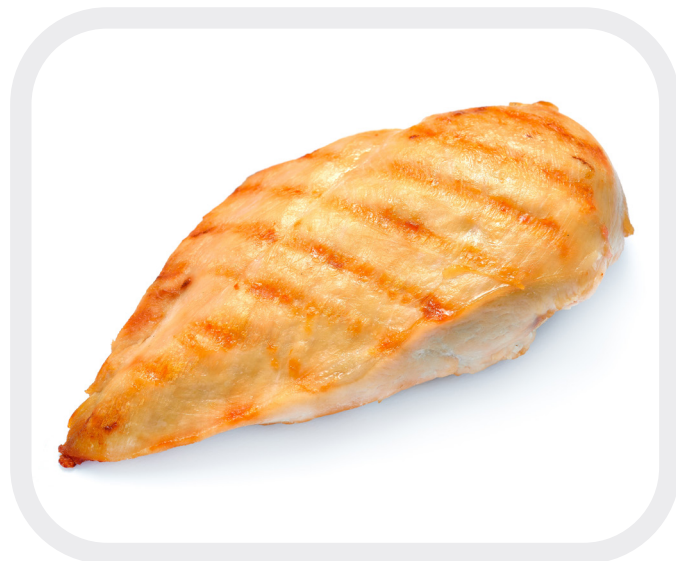
Eggs

16.9g protein

(2 eggs, boiled)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Chicken breast

34.7g protein

(120g, grilled)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Canned tuna

29.9g protein

(120g, drained)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Basa fillet

30.5g protein

(140g, baked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

**Extra lean
beef mince**

24.7g protein

(100g, cooked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Yellow split peas

4.2g protein

(120g, cooked)



Protein cards



© British Nutrition Foundation 2023 | nutrition.org.uk

Cashew nuts

3.5g protein

(20g)