Beans, pulses, fish, eggs, meat and other proteins

- These **protein**-rich foods are also good sources of **vitamins** and **minerals**.
- We are encouraged to eat more **plant sources of protein**, such as pulses, as these are low in fat and considered more sustainable.

**What counts?**

**Pulses** such as beans, lentils and peas

**Other plant-based sources** such as tofu, soya mince and mycoprotein

**Fish**: white fish (like tilapia, coley and hake), oily fish (like salmon and sardines) and shellfish (like prawns and mussels)

**Meat, poultry, and game** such as beef, lamb, chicken, turkey, pork and goat

**Eggs**

**Unsalted nuts and seeds** including nut butter and seed pastes

**Why eat these foods?**

- **Protein** – for growth and maintenance of normal muscles and maintenance of healthy bones.
- **Iron** – found in red meat. Contributes to the normal formation of red blood cells and transport of oxygen around the body.
- **Zinc** – found in meat. For maintenance of normal skin, hair, nails, vision and the immune system.
- **Vitamin B12** – found in meat and fish. For healthy red blood cells and nerve function.
- **Vitamin D** – found in oily fish. For healthy teeth, bones and muscles.
- **Omega-3 fatty acids** – found in oily fish. Helps to maintain normal and healthy heart function.

**TOP TIPS**

**Pulses** are low in fat as well as being high in **protein**, **fibre**, **vitamins** and **minerals**. Pulses include chickpeas, black eyed beans, mung beans and many more!

Choose nut butters **without** palm oil or added salt and sugar – look for **100% nuts**!

Choose **leaner** cuts of meat and **lean** mince, **remove** the **skin** from poultry, and **trim** off **visible** white **fat** on meat.

**Limit** meat and fish in **batter** or **pastry**.

**Grill**, **bake** or **steam** meat and fish instead of frying.

Try a **boiled** or **poached** **egg** instead of a fried egg.

**Note**: Check the food labels on plant-based meat alternatives, such as vegetarian sausages or burgers, to choose those lower in saturated fat, salt and sugar.

**Food for Thought?** Reduce saturated fat and increase fibre intake by replacing half the red meat in your meals with your choice of pulses.

**Meal Ideas for Protein**

**Breakfast**

Add unsalted nuts to your wholegrain breakfast cereal or 100% nut butter on your wholemeal toast.

**Lunch**

Tuna salad sandwich on wholemeal bread. Add pulses to your salad – try mixed bean salad!

**Dinner**

Lean beef mince and kidney beans in your chilli. Swap half chicken for chickpeas in a curry. Tofu in a ramen or stir fry.