

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 foods give us:

- ✓ **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.