Good sources of low fat protein

Aim for 60-80g a day from a variety of foods

Food type	Amount/portion size	Grams of protein
Meat and poultry		
Minced beef, Minced lamb Minced pork	100g - small portion	22g
Chicken	100g - small portion	28g
Bolognese sauce with minced beef	240g/main meal	29g
Chilli con carne	220g/main meal	20g
Meat curry	200g/main meal	35g
Shepherds pie	300g/main meal	24g
Irish stew	300g/main meal	23g
Lancashire hot pot	300g	22g
Lasagne - beef	300g	29g
Fish		
Canned tuna in brine or water	100g (1 small can)	24g
Canned sardines in brine	100g (average portion)	19g
Canned pilchards in tomato sauce	100g (½ small can)	18g
Soft white fish – try in a sauce	120g (medium portion)	12g
Fish pie made with mashed potato	250g/main meal	20g
Pulses/vegetarian sources		
Lentils - cooked	50g serving	16g
Chickpeas - cooked	100g - 3 tablespoons	7g
Chilli beans/kidney beans	100g - 3 tablespoons	5g
Baked beans – Weight Watchers/Heinz reduced sugar and salt	200g – a small can	9g
Chickpea dahl	200g/main meal	16g
Tofu/soya beancurd	100g	8g
Macaroni cheese	200g / main meal	13g
Cauliflower cheese	200g / main meal	12g

Eggs		
Eggs eg scrambled or poached	1 egg	12g
Omelette	2 eggs	24g
Dairy		
Milk - skimmed or semi-skimmed	200ml glass	7g
Soya milk	200ml glass	7g
Skimmed milk powder – add to milk, sauces, custards	1 dessert spoon	5g
Yogurt drinks eg Yop, Ski Smooth, Fristi, Actimel, Benecol, Vitality, Yakult	100mls	2g
Yogurt - low fat/diet	125g pot	6g
Custard - low sugar/low fat	200g (½can or carton)	6g
Milk puddings e.g. low fat/healthy choice rice pudding	200g (small portion/ ½can)	7g
Cottage cheese - low fat/virtually fat free	125g (½ carton)	16g
Mini Babybel cheese - light	1	5g
Cheddar cheese - reduced fat	30g (size of a matchbox)	10g
Philadelphia light/ low fat cheese spread	40g (for a sandwich or with crackers)	3g
Dairylea Extra Light	I triangle	2.5g
Cheese sauce - made with low fat milk and reduced fat cheddar	100mls	8g
White sauce made with low fat milk	100mls	4.4g
Protein shakes		
Complan milk shake - with semi skimmed milk	57g powder with 200mls milk	15g
Build Up instant drink – with semi skimmed milk	200mls of milk	15g
Build Up instant soup	200mls	8g
Slim Fast shake - ready to drink	325ml bottle	14g
Slim Fast smoothies – ready to drink	325ml bottle	14g
Slim Fast soup	295mls portion	15g veg 19g chicken

Specialist Dietitian
Lucy Jones – 0207 288 5989