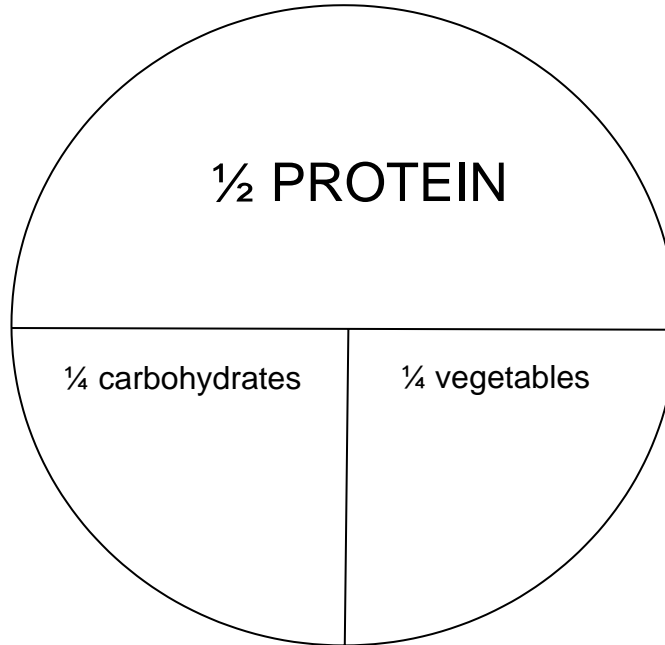




Sources of Protein (Patient Information)



Half of your plate should contain protein and you should eat your protein portion first

Food	Serving	Protein (g)	Calories (Kcal)
Dairy and Eggs			
Milk (skimmed)	100ml (3.3fl oz)	3.4	35
Milk (semi skimmed)	100ml (3.3fl oz)	3.4	47
Soya milk – low fat no added sugar	100ml (3.3fl oz)	3.3	34
Yoghurt- low fat	1pot (125g; 4.5oz)	4.4	93
Arla Protein Yoghurt	1pot (200g; 7oz)	20	140
Arla Skyr Yoghurt	1pot (150g; 5.2oz)	16.5	98
Fromage Frais – fat free	120g pot	7.8	60
Danone Danio Yoghurts	1pot (150g; 5.2oz)	11.9	120
Greek – plain fat free yogurt	100g pot	10.3	54



Liberte Yoghurts	100g; 3.6oz	7.8	81
Cheese – cheddar low fat	1 Matchbox size (30g; 1oz)	9.6	76
Cheese Mature cheddar	1 Matchbox size (30g; 1oz)	7.6	123
Cheese Babybel Light	1 Matchbox size (30g; 1oz)	5	42
Cottage cheese –Low fat	2tbsp (30g; 1oz)	4.4	25.5
Philadelphia extra light	2tbsp (30g; 1oz)	2.6	47
Halloumi – low fat – low salt	30g (1oz)	7.7	83
Dairylea Extra Light	1 triangle	3	20
Mozzarella	25g; (0.8 oz)	5	64
Eggs	1 egg	6.3	72
Meat and Fish			
Fish (white) fillet	100g 3.6oz	16.6	72
Tuna (in spring water)	½ can 65g (2.3oz)	16.5	70
Salmon	125g (4.5oz)	24.4	162
Smoked Salmon	70g	15.3	126
Chicken Breast – small, grilled, no skin	95g (3.4oz)	30	141
Chicken drumstick –no skin	100g (3.6oz)	22.6	163
Beef – lamb – Pork (lean)	100g (3.6oz)	21	131
Lean Bacon Medallions	x 2 (23g;1oz)	8.5	42
Ham, sliced / luncheon	1 thin slice (11g; 0.39oz)	2	12
Parma Ham	1 slice (17g; 0.6oz)	4.6	38
Salami	1 slice (5g; 0.18oz)	1	22
Pulses / Vegetarian / Vegan Options			
Kidney Beans (red canned)	½ can (90g; 3.2oz)	7	92
White Cannellini Beans	½ can (90g; 3.2oz)	6.8	91
Baked Beans	½ can (200g; 7.2oz)	9.6	173
Lentils green and brown, whole, dried, boiled in unsalted water	½cup (103g; 3.63oz)	9.1	114
Chick Peas- boiled in unsalted	1tbsp (41g; 1.4oz)	3.5	53



Quorn (Fillet)	x 2 100g; 3.6oz)	12.6	90
Tofu	½ pack (125g; 4.5oz)	17	297
Tofu cheese	1 matchbox (28g; 1oz)	7.1	81
Tofu spread	1 thin spread slice (28g; 1oz)	1.2	58
Tempeh	½cup (78g; 2.75oz)	16	142
Houmous (reduced fat)	¼ pot (50g; 1.8oz)	4.6	121
Weetabix Protein	40g; 1.4oz	7.6	144
Soya Beans- boiled in unsalted water	1 cup (172g; 6oz)	24	263
Edamame beans – boiled in unsalted water	1 cup (155g; 5.5oz)	17	217
Chick peas Savoury Snacks	28g; 1oz	5.6	127
Dahl mixed, homemade	1 Small portion (95g; 3.35oz)	4.6	62
Quinoa red and white, cooked	1 small portion (100g; 3.5oz)	6.9	117
Crispbread, quinoa	1 serving (16g; 0.56oz)	1.5	53
Lentil Pasta	1 small portion (56g; 2oz)	14	206
Nuts and Nut product			
Please consume these with caution as they are high in fat and calories may cause dumping			
CAUTION WITH NUT ALLERGIES			
Walnuts	7 nuts; 28g; 1oz	4.3	183
Almonds	28g; 1oz	6	163
Pistachio nuts roasted	10 kernels (7g; 0.24oz)	1.5	44
Peanuts, roasted	10 kernels	2	60
Cashew nuts, kernel only, plain	10 kernels (18g; 0.63oz)	3.8	107
Pumpkin Seeds	28g; 1oz	5	126
Peanut Butter	2tbsp (36g;1.3oz)	33	219
Sunflower seeds	28g; 1oz	6	165

Specialist Bariatric Dietitians on 0207 288 5989.



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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