

PROTEIN CONTENT SOURCES

The list below shows sources and the amount in a single serving.

Protein Contents

Natural sources:

EGGS (1 medium size)	6 grams
MILK (1 pint or 568ml)	19 grams
MILK (1 glass)	6.3 grams
FISH (cod fillets 100g or 3.5 ounces)	21 grams
CHEESE (cheddar 100g or 3.5 ounces)	25 grams
ROAST BEEF (100g or 3.5 ounces)	28 grams
ROAST CHICKEN (100g or 3.5 ounces)	25 grams
OTHER MEATS (100g or 3.5 ounces)	25 grams

Processed sources & some meat products:

Sausages (100g or 3.5 ounces)	12 grams
Bacon (100g or 3.5 ounces)	25 grams
Ham (100g or 3.5 ounces)	18 grams
Beef burgers - freezer type average(100g)	20 grams
Corned Beef (100g or 3.5 ounces)	26 grams
Luncheon Meat (100g or 3.5 ounces)	13 grams
Meat Paste (100g or 3.5 ounces)	15 grams

Notice that the list contains only foods from animal origin as these are the best sources for high quality protein.

*Foods of plant origin tend to have a lower biological value and therefore different sources must be combined to gain a complete protein source.

Therefore all nuts, seeds, legumes and sprouts are to be considered.