

How much protein is there in foods? A summary of different types of foods with their typical protein and calorie contents are in the table below.

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| Food type | Grams of protein per 100g (3½oz) | Calories per 100g |
| Lean meat / fish / chicken | 25 | 250 |
| Nuts / seeds | 20 | 607 |
| Eggs | 14 (2 large eggs) | 150 |
| Pulses (cooked beans/ lentils / chick peas) | 8 | 115 |
| Wholemeal bread (sliced pan) | 10 | 220 |
| Rice (white, boiled) | 2.7 | 130 |
| Oats | 10 | 375 |
| Yoghurt (natural 0% fat Greek) | 10 | 56 |
| Yogurt (low fat, fruit) | 2 | 80 |
| Milk (full fat) | 3 | 60 |
| Green vegetables | 2 | 25 |

How much protein do I need? The recommended intake of protein is 0.8g per Kg of bodyweight for adults (very little difference in needs between men and women, the main difference depends on body size. Children and teenagers, pregnant and breastfeeding women have greater needs due to growth). So if you weigh 10 stone (64Kg), this would be 51g protein. If you weigh 14 stone (89Kg), it would be 71g per day. There’s a lot of discussion about the right amounts of protein for people who exercise a lot… the scientific evidence does show that muscle will be lost if we don’t eat enough protein to repair muscle if you take a lot of exercise. So for people who do half an hour’s brisk walking in addition to normal activities, then about 1g/Kg/day of protein will suffice and so on but even for very active people 2g/Kg/day is enough (unless you’re a competitive bodybuilder or an elite sportsperson). So there’s no simple answer ‘how much protein do I need?’ but it’s interesting to work it out!