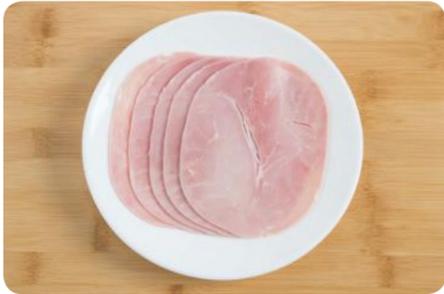


Beans, pulses, fish, eggs, meat and other proteins

Three portions a day for men, two portions a day for women

One portion is

Cut ham
Five slices



Fish fingers
Three



Peanut butter
Two teaspoons



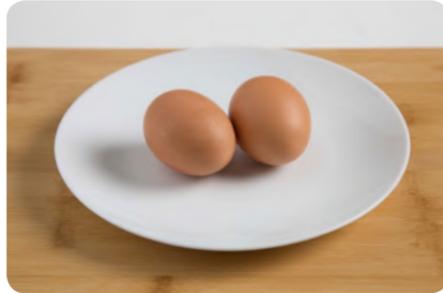
Oily fish
One palm-size



Tofu
One palm-size



Eggs
Two



White fish
One palm-size



Baked beans in tomato sauce
(low sugar and low salt if possible)
Half a 400g tin / One 200g tin



Unsalted nuts
One handful



Beans (kidney, chickpea)
Three heaped tablespoons



Tinned tuna
Half a large tin/one whole small
tin 160g



Cooked chicken
(without skin and visible fat removed)
One palm-size



Mince full-fat
Four level tablespoons



5% reduced-fat mince
Eight level tablespoons



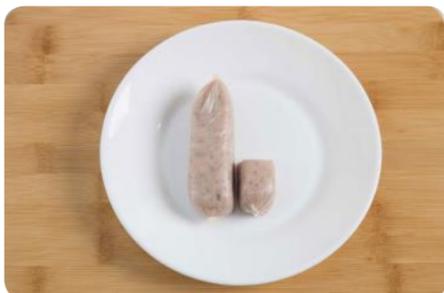
Quorn mince
10 level tablespoons



Seeds
One heaped tablespoon



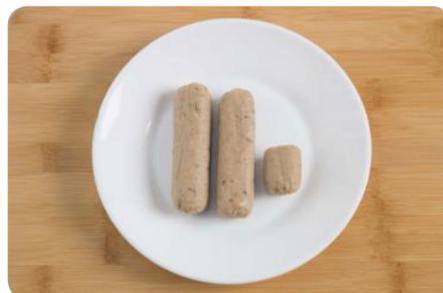
Pork sausages full-fat
One and a quarter



Reduced-fat pork sausage
Two



Quorn sausage
Two and a half



Wafer thin ham
11 slices





Beans, pulses, fish, eggs, meat and other proteins

Three portions a day for men, two portions a day for women

Some protein foods may be high in fat.

Choosing lower-fat alternatives will help you get enough protein without the extra fat and calories.

Choose lean cuts of meat, remove visible fat and skin on poultry and limit how often you eat processed meat such as burgers and sausages.

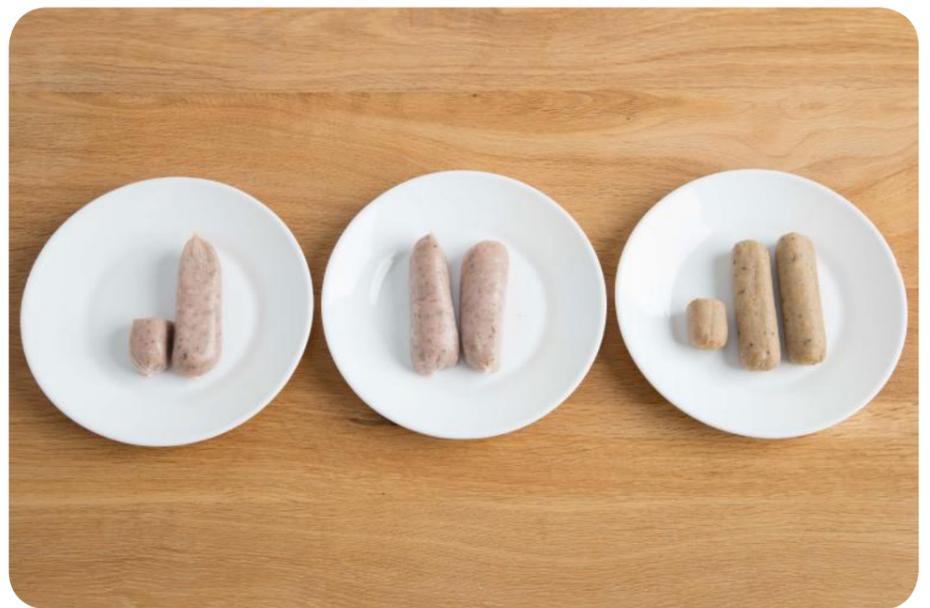
Try having fish, eggs, Quorn, beans a few times a week.

Cook without adding fat – bake, steam, grill, poach or microwave.

Increase your portion size by choosing reduced-fat options



From left to right: one portion of full-fat mince, one portion of 5% reduced-fat mince, one portion of Quorn



From left to right: one portion of full-fat sausages, one portion of reduced-fat sausages, one portion of Quorn sausages