



PROTEIN

Did you know?

Proteins are the BUILDING BLOCKS of our cells, **WE CANNOT DO WITHOUT THEM.** EVERY CELL in our body need them to help make/breakdown things we need, transport, protect, etc. All enzymes are proteins. Enzymes are needed to digest food & for metabolic reaction in your cells. Hormones are/or are made by proteins. Hormones control our metabolic & reproductive functions, like insulin & testosterone. Proteins are involved in the function of your immune system (your antibodies are proteins). You can also metabolize proteins for energy. Therefore, **WE NEED PROTEINS IN EVERY MEAL, EVERY DAY!**

NB: The following foods are lean protein, no fat or skin and based on a diet reaching 115g of protein a day.

NUTRITIONAL FACTS

FOOD	QTY	PROTEIN	DAILY %	CARBS	CALS
Chicken Breast	100g	30.9g	55%	0	173
Turkey Breast	100g	30.1g	54%	0	147
Beef Steak, Sirloin	100g	29.9g	53%	0	160
Octopus	100g	29.8g	53%	4.4g	164
Pork Roast	100g	28.8g	51%	0	214
Lamb Roast	100g	28.4g	51%	0	204
Tuna, Tin, <small>springwater</small>	100g	25.5g	46%	0	116
Salmon, Cooked	100g	25.4g	22%	0	182
Sardines	100g	25.3g	22%	0	195
Beans, White <small>(boiled)</small>	1 cup	19g	17%	55.5g	298