







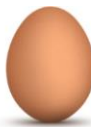






















<15 g PROTEIN/ SERVE		15- < 30g PROTEIN/ SERVE	≥ 30g PROTEIN/ SERVE	
<5g	5- <15g	15- < 30g	30- <45g	45- 60g
 <p>Serve fruit/vegetables <1g protein</p>  <p>Oil/margarine/sauce/dip <1g protein</p>  <p>1 medium scoop ice cream - 1g protein</p>  <p>100g cooked Rice/pasta 2g protein</p>  <p>1 slice bread 2g protein</p>  <p>Unfortified cereal 3g protein/serve</p>	 <p>¼ cup nuts / Tbs peanut butter 6g protein</p>  <p>2-3 slices deli meat 6g protein</p>  <p>1 egg, 6g protein</p>  <p>½ cup baked beans/legumes/lentils 7g protein</p>  <p>150g tub yoghurt/1 cup milk / 2 slices cheese 9g protein</p>  <p>1 sausage 10g protein</p>	 <p>6 chicken nuggets 15g protein</p>  <p>2 chicken tenders 15g protein</p>  <p>95g tin fish 15g protein</p>  <p>Ham and cheese sandwich 20g protein</p>  <p>½ cup (70g) cooked mince/ 1 Burger Patty, 20g protein</p>  <p>2 egg omelette with cheese 20g protein</p>  <p>2 taco/wrap with meat and cheese 24g protein</p>  <p>1 lamb chop 25g protein</p>	 <p>100g cooked meat 30g protein</p>  <p>125-150g cooked salmon (1/2 fillet) 30g protein</p>  <p>400g serve lasagne/shepherd's pie 40g protein</p>  <p>3-4 slices meat pizza 35g protein</p>  <p>Takeaway burger 35g protein</p>	 <p>Half rack pork ribs (~6 ribs) 45g protein</p>  <p>Large (takeaway meat and cheese burrito / kebab) 50g protein</p>  <p>200g cooked rump steak 55g protein</p>  <p>200g cooked chicken breast 60g protein</p>