

HIGH QUALITY PROTEIN SOURCES

Product (100g serving)	cals (kcal)	protein (g)	carb (g)	fat (g)
FISH				
COD				
Steaks, grilled	95	20.8	Tr	1.1
Poached fillets	94	20.9	Tr	1.3
SALMON				
Pink, canned, in brine	153	23.5	0	6.6
TROUT				
Rainbow, grilled	135	21.5	0	5.4
TUNA				
Chunks/steaks, drained, brine	99	23.5	0	0.6
CHICKEN				
Grilled	148	32	0	2.2
Stir-fried	161	29.7	0	4.6
TURKEY				
Fillet, grilled	155	35	0	1.7
Roasted	166	31.2	0	4.6
Roasted, sliced, cold	115	25	0.6	1.4
BEEF				
Silverside, roasted, cold	138	19.1	2.4	5.8
Topside, roasted	202	36.2	0	6.3
Rump, grilled	177	31	0	5.9
BACON				
Rashers, grilled, fat trimmed	214	25.7	0	12.3
LAMB				
Loin chops, lean, grilled	213	29.2	0	10.7
Leg, roasted, lean	203	29.7	0	9.4
PORK				
Leg, roasted, lean	182	33	0	5.5
HAM				
Wafer thin	98	17	1	2.9
Honey roast	139	22	3	4.3
CHEESE				
cottage (reduced fat)	79	13.3	3.3	1.5
cottage (plain)	101	12.6	3.1	4.3
weightwatchers (soft)	95	11.2	5.1	3.3
PEANUTS				
plain, with shells	389	17.7	8.6	31.8