

Protein:

Importance of protein in diet

Protein is one of the major energy giving nutrients. Protein plays many vital roles in maintaining our health this includes maintaining muscle strength, wound healing, making new cells and repairing old. Protein also plays a vital role in making hormones and enzymes which carry out key functions.

This leaflet is not suitable for use in someone with a diagnosed unsafe swallow / dysphagia.

Protein requirements

- The amount of protein we need changes in different stages of our life time. Older people may require more protein due to risks of sarcopenia (muscle wasting). Furthermore, there may be other factors present which may increase protein requirements, e.g. illnesses and long term conditions such as cancer, COPD, pressure ulcers and recovery from surgery.
- Older people are advised to consume protein as 1-1.5g/kg body weight each day (ESPEN) due to reduced mobility, ageing, reduced immune function and metabolic changes which can impair wound healing and the ability to fight infection.
- Protein requirements can be as high as 2g/kg body weight in severe illnesses.

**If you have any renal problems (CKD Stage 4 or higher), please check with your GP / renal consultant or dietitian if it is safe to have a high protein diet.*

What are the main sources of protein in diet?

Good sources of protein include: meat, fish, eggs, and dairy foods such as milk, yogurt and cheese.

Plant-based sources of protein include: soy and tofu, beans, pulses, nuts and seeds.

Ways to increase protein in your diet

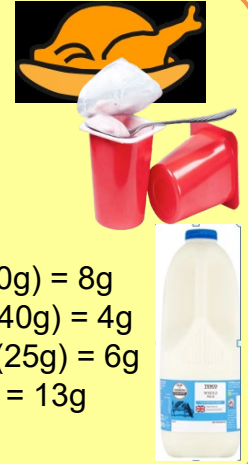
- Fill at least a $\frac{1}{4}$ of your plate with protein foods at every meal.
- Use dairy more frequently, e.g. using milk instead of water in cooking and drinks.
- Have a milky dessert such as yogurts / custards after meals.
- Add beans, pulses, lentils and peas to casseroles and soups.
- Add nuts and seeds to salads, pasta and yoghurt, couscous, porridge, and other grains.
- Try nut butters on toast, muffins, crumpets, sauces, waffles and pancakes.
- Add skimmed milk powder to milk drinks, porridge, mashed potato, sauces and soups.
- Add cheese to your meals, such as mashed potato, sauces, vegetables, salad, scrambled eggs, and omelettes.
- Look for the “high protein” labels when grocery shopping.

Choose sandwich fillings that are protein-rich, such as ham, chicken, egg and tuna.



Protein content of commonly used foods

- Chicken breast 1 slice (40g) = 10.9g
- 1 egg = 7g
- Lamb chop (70g) = 20g
- Beef mince (140g) = 28g
- Battered cod (180g) = 25g
- Tinned tuna in oil (100g drained) = 25g
- Salmon (100g) = 23g
- Cheddar cheese 2 slices (40g) = 10g
- Cow's milk ½ pint = 10g
- Yogurt (125g) / 1 pot = 7g
- Soya milk ½ pint = 9g
- Tofu (80g) = 19g
- Quorn (100g) = 13g
- Baked beans 1 small can (150g) = 8g
- Lentils - green 1 tablespoon (40g) = 4g
- Peanut butter 1 portion pack (25g) = 6g
- Roasted peanuts 1 bag (50g) = 13g



High protein meal ideas

Breakfast:

- Eggs: scrambled, poached, fried, omelette.
- Porridge made with milk topped with nuts and seeds.
- Granola or muesli with extra nuts, seeds and yoghurt.
- Nut butters on toast.
- Beans on toast.
- Bacon or sausage with tomato or beans.
- Fresh or tinned fruit with yoghurt, nuts and seeds.

Snack time:

- Nuts and seeds.
- Yoghurt, especially Greek yogurts / Skyr.
- Cheese and biscuits.
- Hummus with bread or vegetables.
- Small pot of custard.
- Cereal bar containing nuts and seeds / some labelled 'high protein'.
- Boiled egg.

Lunch and dinner:

- Include a portion at each meal (palm sized/20g) of meats or plant alternatives, e.g.1 chicken breast, 1 fish fillet, 3 eggs, 100g mince, 170g tofu, 250g beans.

Drinks

- 1 pint of milk daily (add skim milk powder 4 level tablespoons (24g) for making fortified milk).
- Milky drinks: hot chocolate / Horlicks / Ovaltine / milkshakes / milky coffee.
- Yoghurt drinks.
- Smoothies made with fruit and yogurts.

Leaflet given out by: _____ Contact number: _____