



## 12 ways to hit your protein target

<p><b><u>1</u></b></p> <p>Protein priority: always eat the protein part of the meal first</p>	<p><b><u>2</u></b></p> <p>Avoid filling up on fruit and vegetables at the expense of protein</p>	<p><b><u>3</u></b></p> <p>Aim for 60g per day (70-80g if male) and track your progress</p>
<p><b><u>4</u></b></p> <p>Include protein with each meal, including breakfast</p>	<p><b><u>5</u></b></p> <p>Plan your meals in advance (plan the type of protein before making other meal choices)</p>	<p><b><u>6</u></b></p> <p>Prepare and batch freeze cooked protein to increase variety and help with meal planning</p>
<p><b><u>7</u></b></p> <p>Look for different sources of protein: you may find that your tastes have changed, and you are now more adventurous</p>	<p><b><u>8</u></b></p> <p>Consider vegetarian protein if you have always eaten meat or fish protein: Tinned beans and pulses can provide easy and good quality protein</p>	<p><b><u>9</u></b></p> <p>Vary your cooking method of protein to avoid getting bored. Chicken cooked in different ways</p>
<p><b><u>10</u></b></p> <p>Use low fat or fat free dairy as a source of protein: milk and yoghurt are a great protein source but take care to avoid those with added sugar</p>	<p><b><u>11</u></b></p> <p>Eggs are very versatile and an inexpensive source of protein: boil, poach or scramble</p>	<p><b><u>12</u></b></p> <p>Use protein powder or skimmed milk powder to boost protein in foods, especially those that would normally not provide much protein</p>

12 Ways Protein Target, OxBariatric, Jan 2020.