



# Protein in the Diet

- 10-15% of calories should come from **proteins**
- 0.9 – 1 gm / kg / body weight
- Mainly **breakfast, dinner**, small portions in afternoon snacks and supper
- **cottage cheese, yoghurt**, fish, veal, beef, turkey, chicken,
- legume seeds, **soya, lentils, beans**, peas, broad beans,
- pumpkin seeds, sunflower seeds, sesame,
- nuts pistachio, **peanuts, walnuts, almonds**, pine nuts,
- Grains, **buckwheat, barley groats**, hulled barley, brown rice, rye **whole-meal bread** and graham bread
- consume **2-3 eggs per week**