

Protein has an important role in the body and the amount we need to eat can change at different stages of our life. Protein is found in foods such as meat, fish, dairy products, eggs, beans and pulses.

- Older people may require more protein due to muscle wasting as we age and the presence of acute or chronic illness
- Not eating enough protein may lead to reduced muscle strength, frailty and taking a long time to recover from illness or injury
- Some conditions including cancer, pressure ulcers or after surgery may increase the amount of protein we need

Tips for increasing protein in your diet

- Include a source of protein at every meal (see ideas below)
- Choose dairy products regularly e.g. using milk instead of water in cooking and drinks (or dairy alternatives e.g. soya milk)
- Add beans, pulses, lentils and peas to casseroles and soups
- Look for 'high protein' labels when shopping
- Add nuts and seeds to salads, yoghurts, cereals
- Choose high protein snacks in between meals
- Fortify milk with skimmed milk powder (see recipe below)

High protein food and drink ideas

Breakfast

- Eggs - scrambled, poached, fried or 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 beans
- Fruit with yoghurt, nuts and seeds

Drinks

- Milk or soya milk
- Hot chocolate (made with milk)
- Malt drink (made with milk)
- Milky coffee
- Milkshakes
- Yoghurt drinks
- Smoothies made with fruit and yoghurt

Fortified milk recipe

- Take 1 pint of full fat milk
- Add 4 heaped tablespoons of skimmed milk powder to a small amount of milk, mix to a paste
- Mix well into the remaining milk
- Store in the fridge and use throughout the day
- Add to drinks such as coffee or tea and on cereals

To include at lunch & evening meal

- 1 chicken breast
- 1 fish fillet
- 2 eggs
- 100g mince or quorn mince
- 170g tofu
- 3 tablespoons beans or lentils

Snacks

- Nuts and seeds
- Yoghurt
- Cheese and biscuits
- Houmous
- Custard
- Rice pudding
- Cereal bar containing nuts and seeds
- Boiled egg

Puddings

- Milk puddings
- Crème caramel
- Sponge and custard
- Mousse
- Milk jelly
- Rice pudding

Approximate protein content in food

Food	Amount	Protein (g)
Chicken	100g	27g
White fish fillet	100g (1 small fillet)	19g
Tinned tuna	60g (half a can, drained)	15g
Beef	100g	22g
Pork sausages	100g (2 sausages)	20g
Eggs	120g (2 eggs)	12g
Milk	200ml (1 glass)	7g
Soya milk	200ml (1 glass)	6g
Yoghurt	120g (1 pot)	5g
Cheddar cheese	30g	8g
Baked beans	200g (half a can)	10g
Lentils or chickpeas	120g (half a can, drained)	10g
Peas	120g (half a can, drained)	8.5g
Tofu	80g	6.5g
Quorn mince	100g	14g
Nuts	20g (handful)	4g
Houmous	55g (3 tablespoons)	3.5g
Peanut butter	20g (1 tablespoon)	4.5g