Phase 2 Protein list

Choose one portion of a protein food from the options below. There's plenty of choice – from fish and seafood to meat and poultry, eggs and dairy, to plant-based products like beans, pulses, Quorn and soya.

If you eat a vegetarian or vegan diet, you can still get enough protein, but you might need to do a bit more planning. To find out more go to:

- https://vegsoc.org/
- https://www.vegansociety.com/

Fish and seafood

Fresh, frozen and tinned fish all count. If you eat fish/seafood, aim to have it 2-3 times per week with one portion being an oily fish.

Type	Portion size
White fish eg cod, haddock, pollock, tilapia, tuna, sea bass and sea bream	1 fillet (about 140g/4-5oz) Small tin tuna 140g
Oily fish eg anchovies, herring, mackerel, pilchards, sardines, tinned or fresh salmon, trout, whitebait	1 fillet/steak (about 170g (6oz) raw / 140g (4-5oz) cooked weight) Small tin mackerel / salmon/sardines (100g)
Seafood eg prawns, mussels, crab, clams, scallops, squid	Prawns/crab meat 100g Seafood 6-10 pieces

Meat and poultry

If you eat meat, choose white meat (chicken, turkey, rabbit) more often than red meat. Red meat is a good source of iron and there's no need to exclude it completely.

Type	Portion size
Poultry eg chicken & turkey	1 medium chicken breast 150g cooked turkey 2 chicken thighs / drumsticks 2 turkey sausages
Red meat eg beef, lamb, goat, pork	1 medium chop 120-150g (4-5oz) steak 100-125g raw mince/casserole/offal meat 2-3 slices (100-125g) roast meat
Game meat eg venison, pheasant, partridge, quail, duck	
Offal eg liver, kidney, heart, tripe	
Sausages (look for good quality with less than 4g carbohydrate/100g)	2 sausages (120g raw)
Processed meat can be included in a meal for flavour eg bacon, chorizo, lean ham. Think of them as a garnish rather than the main source of protein	1-2 slices/rashers but should be used once per day at most

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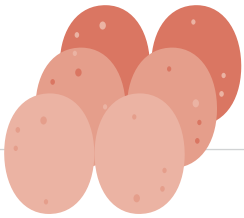
Phase 2 Protein list cont.



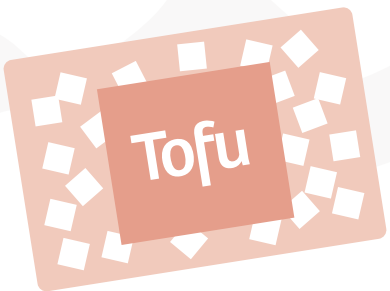
Eggs and dairy products

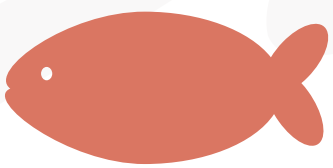
- Butter is not included in the dairy group - it's classified as a fat
- Almond, hazelnut, coconut, oat and rice drinks can be used as 'milk alternatives'. Although often fortified with vitamins and minerals they have less protein than dairy milk. If you use them make sure you also have a variety of other protein foods
- Lactose-free milk has the same amount of protein but less carbohydrate than regular milk. It's also more expensive

Type	Portion size
Milk (skimmed or semi-skimmed)	200ml
Cheese	50g a day maximum
Cottage cheese	120g
Yoghurt (natural or Greek)	120-150g
Eggs	2 eggs

Plant-based protein sources

Type	Portion size
Beans & pulses including lentils, chickpeas, kidney beans, butter beans, baked beans, black-eyed beans, peas and split peas Tinned and dried both count (dried pulses cook faster when soaked overnight)	120-150g
Hummus / peas pudding made from chickpeas and split peas respectively	50g (1/4 small pot)
Quorn (some varieties contain egg) Soya products including tofu/ textured vegetable protein (TVP)	150g
Soya drinks (milk alternative)	200ml
Soya yoghurt	120-150g





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