

PROTEIN PORTION GUIDE

Get an understanding of how much protein your food truly contains



ANIMAL / FISH

Item	Serving	Protein	Calories
Chicken Breast	85g	28g	140
Egg	85g	6g	70
Ham	85g	14g	140
Lobster	85g	16g	75
Salmon	85g	22g	155
Scallops	85g	14g	75
Prawns	85g	20g	100
Steak	85g	26g	158
Tuna	85g	22g	100
Turkey	85g	25g	135

BEANS / LEGUMES

Item	Serving	Protein	Calories
Black Beans	1/2 cup	8g	115
Chickpeas	1/2 cup	7g	135
Edamame	1/2 cup	9g	95
Green Peas	1/2 cup	4g	60
Red Kidney Beans	1/2 cup	8g	110
Peanuts	28g	12g	120
Nut butter	1Tbsp	7g	188

NUTS / SEEDS

Item	Serving	Protein	Calories
Almonds	28g	6g	163
Cashews	28g	4g	162
Chia Seeds	28g	5g	140
Flaxseed	28g	6g	140
Pistachio	28g	6g	161
Pumpkin Seeds	28g	9g	160
Soy Nuts	28g	12g	120
Sunflower Seeds	28g	6g	140
Walnuts	28g	4g	185

DAIRY

Item	Serving	Protein	Calories
Cheddar	28g	7g	110
Cottage Cheese	113g	14g	80
High Protein Yoghurt (Yopro)	1 cup	15g	90
Lite Milk	1 cup	8g	110
Regular Yoghurt	1 cup	10g	270

GRAINS

Item	Serving	Protein	Calories
Barley cooked	1/2 cup	6g	160
Quinoa cooked	1/2cup	4g	111
Rice cooked	1/2cup	4g	120
Whole grain bread	2 slices	10g	170

FRUITS / VEG

Item	Serving	Protein	Calories
Apricot	1/2 cup	1g	40
Asparagus	1 cup	4.3g	30
Avocado	1/2 fruit	2g	150
Broccoli	1 cup	3.7g	30
Brussels Sprouts	1 cup	4g	40
Melon	1 cup	1.5g	60
Mushrooms	1 cup	4g	15
Spinach	1/2cup	1g	7

ABOUT CAILIE FORD NUTRITION



CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST (BHSC) AND BEHAVIOURAL CHANGE EXPERT.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING CUSTOMISED PROGRAMS THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES SUCCEED.

HOW I CAN HELP



WORKPLACE WELLBEING

Interactive Workshops
Workshop Series
Individual Assessments
Cooking Demonstrations

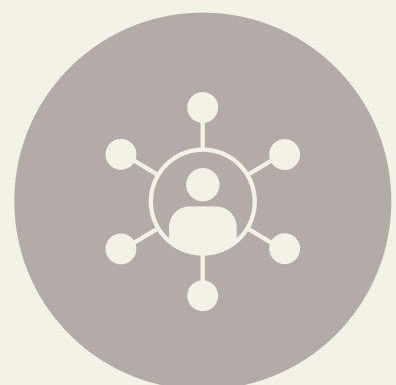
BOOK A CALL



PRIVATE CONSULTS

Personalised Support
Custom Meal Plans
Pathology Assessment
Functional Testing

FREE DISCOVERY CALL



GROUP PROGRAMS

Interactive
Self-Paced
Accountability
Community

ENQUIRE NOW

