

Protein-rich meals for muscle health



Why do we need protein?

1. Protein and physical activity work together to maintain muscle health



Physical activity stimulates the muscles and protein-rich foods provide building blocks for growth and repair.



Physical activity, such as strength, balance and aerobic exercise, each provide different benefits important for muscle function.



Muscle health is also important for heart, immune and bone health.

2. Protein-rich foods make satisfying and nutritious meals making every bite count. This is useful for:



People with small appetites e.g. fussy kids, elderly, injured or unwell.



Achieving and maintaining a healthy weight, together with regular physical activity.

Why is protein important at every meal?

Having protein at every meal across the day makes it easier for the body to use protein and optimise the benefits gained from physical activity.

Have 3 to 4 protein-rich meals across the day e.g.



Which protein food is best?

Protein foods also provide essential nutrients important for good health. Choosing a variety of different proteins is an easy way to get enough of these nutrients.



Lean red meat
every second day
for iron & zinc



Dairy
3 to 4 serves per
day for calcium



Fish
twice a week for
omega-3



Legumes
twice a week for
dietary fibre



Eggs & Poultry
on other days

How to get enough protein at each meal?

General recommendations suggest 25-30grams of protein at each meal with 3+ serves of vegetables.

Protein Guide

30g Protein

Small beef steak (150g)
Small lamb steak (150g)
Salmon fillet (150g)
Chicken breast (150g)

20-15g Protein

Beef mince (75g)
Canned fish (95g)
Chicken thigh (75g)
1 cup of cooked lentils,
chickpeas
1/2 cup of nuts and seeds

10g protein or less

1 slice of roast meat
1 slice of smoked salmon
2 slices cheese (40g)
1 glass milk (250ml)
1/2 cup yoghurt
1/2 cup hummus
1 tb peanut butter

Meal ideas

San Choy Bau



150g mince
= 30g protein

Grilled Fish and Vegetables



150g fish fillet
= 30g protein

Whole Grain Wrap and Dessert



2 slices of roast meat,
1/2 cup hummus + 1/2 cup yoghurt
= 25g protein

Lamb and Lentil Salad



75g lamb + 1/2 cup cooked lentils
= 25g protein

Omelette



40g cheese + 2 eggs
= 25g protein

Burrito Bowl



50g mince + 1tb yoghurt
+ 1 cup of kidney beans
= 25g protein