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NATUROPATH

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## General guidelines for dietary protein intake

The body requires an approximate intake of protein one hundredth of total body weight. A person who weighs 80Kg requires an intake of 80g of complete protein a day. They would have to consume 266g of steak in order to fulfil their body's daily protein requirements for example. There is a common misconception that 100g of meat contains 100g of protein. Proteins from animal sources are considered to be complete protein as they contain a balanced compliment of the eight essential amino acids; plant sources contain unbalanced amounts of amino acids.

The following table shows Grams of protein per 100g edible portion (cooked where applicable).

Fillet steak 30g	Tuna 22g	Cashews 17g	Haricot bean 8g
Round steak 30g	Pork 22g	Brazil nut 14g	Kidney bean 8g
Lamb 30g	Sunflower 22g	Walnut 14g	Lentil 7g
Blade steak 29g	Sesame seed 22g	Soya bean 13g	Yoghurt 6g
Chicken 28g	Bacon 21g	Egg 13g	Chickpea 6g
Peanuts 25g	Salmon 20g	Muesli 12g	Pasta w'meal 6g
Cheddar cheese 25g	Pistachio nut 20g	Weetbix 11g	Baked beans 5g
Flathead 23g	Almonds 19g	Fish fingers 10g	
Bream 22g	Sausage beef 18g	Bread w'meal 10g	
	Sardines 18g	Popcorn 9g	