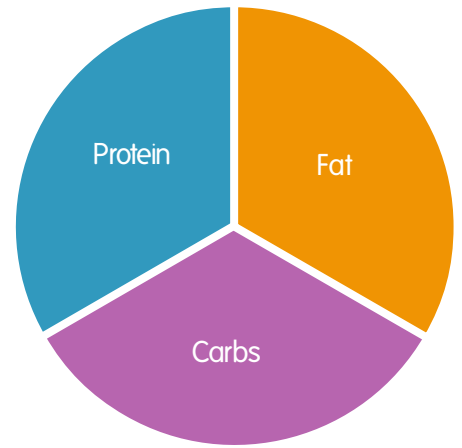


# 6 tips for increasing protein in your diet



1. Include protein in every meal and snack.
2. Replace some carbs in your meal with protein-rich foods such as beans.
3. Opt for grains such as quinoa and spelt instead of rice.
4. When including carbs, choose wholegrain versions which have a higher protein content than refined versions.
5. Add nuts and seeds to salads for extra protein without the bulk.
6. Add ground seeds such as flaxseed to your smoothies or porridge.

Nutracheck recommends



# Best protein choices



White fish



Poultry



Reduced fat milk



Low fat yogurt



Whole milk



Eggs



Fatty meat



Bacon



Pulses



Red meat



Sausages



Peanut butter



Meat pie

Watch portion size