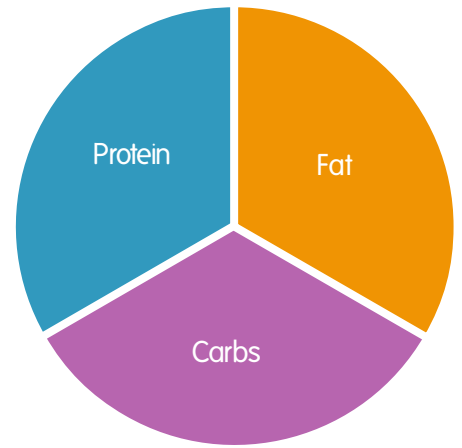


6 tips for increasing protein in your diet



1. Include protein foods 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. Choose wholegrain carbs such as whole wheat pasta, brown rice, wholemeal bread, instead of refined carbs such as white bread, pasta and white rice.
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



Eggs



Pulses



Low fat yogurt



Quinoa



Whole milk



Nuts



Peanut butter



Reduced fat milk



Full fat yogurt



Cheese

Watch portion size