

Top tips for protein intake



1

Eat a mix

Enjoy animal and plant protein foods. Animal sources are complete proteins, they contain all essential amino acids we need for good health. Most other plant proteins (except for soy and quinoa) are incomplete proteins, but they still contribute valuable nutrients and fibre.

2

Start strong

Start the day strong with protein-rich choices like eggs, yoghurt, or wholegrain toast with peanut butter to help meet your daily needs.

3

Space it out

Spread your protein intake evenly throughout the day. This helps maintain steady energy levels and keeps you feeling fuller for longer.

4

Enjoy variety

Eat a wide range of nutritious, colourful foods every day as part of a healthy, balanced diet.

5

Enjoy red meat

Include lean red meat 3-4 times a week (around 100-150g cooked each time) as part of a balanced diet. Red meat provides high quality protein that our body can easily digest and absorb.

6

Think quality

Not all proteins pack the same punch. Enjoy complete, high quality protein sources like New Zealand beef and lamb, eggs, dairy, poultry and seafood to support muscle growth and repair.

7

Quarter of a plate

A balanced meal is typically $\frac{1}{4}$ protein, $\frac{1}{4}$ carbohydrates and $\frac{1}{2}$ non-starchy vegetables. Start with a tasty protein source then build from there.

8

Plan meals

Try to have a protein source at every meal. This is important for children, pregnant and breastfeeding women, older adults and active people who have higher protein needs.

