

# FOOD SOURCES OF PROTEIN

Protein plays a key role in cell growth and repair to help our organs function well. The best way to have enough in your body is to eat foods rich in protein. Here, we share some of these food sources.

## MEAT



Red meat (beef, pork, veal, lamb and kangaroo) is an excellent source of protein. but it is important to limit your consumption to 1-3 serves of lean red meat per week. Protein is also found in poultry (chicken, turkey and duck).

## FISH



Fish (and other seafood) is another source of animal-based protein. When consuming 2-3 serves a week, it is also good for your heart.

## DAIRY & EGGS



Eggs are a rich sources of protein. Protein is also found in milk, cheese and yoghurt.

## LEGUMES & TOFU



If you don't eat animal-based products, legumes and tofu can be a valuable source of protein. Legumes such as chickpeas, beans and soybeans are high in protein, as is tofu.



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