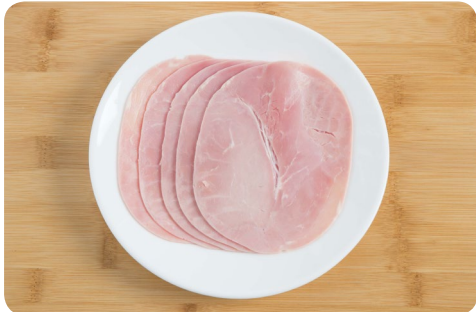


# Beans, pulses, fish, eggs, meat and other proteins

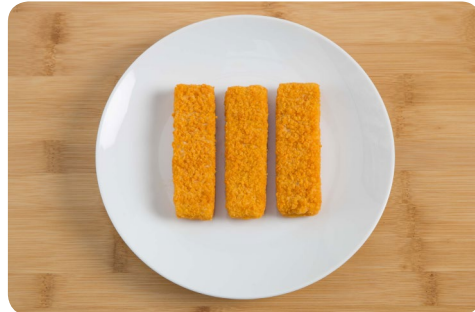
Three portions a day for men, two portions a day for women

## One portion is

**Cut ham**  
Five slices



**Fish fingers**  
Three



**Peanut butter**  
Two teaspoons



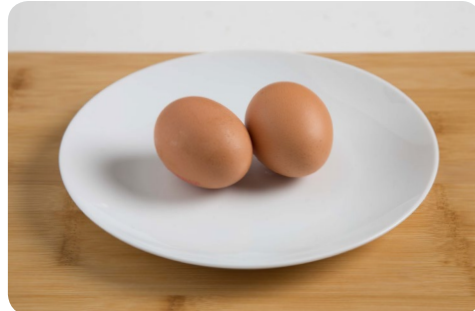
**Oily fish**  
One palm-size



**Tofu**  
One palm-size



**Eggs**  
Two



**White fish**  
One palm-size



**Baked beans in tomato sauce**  
(low sugar and low salt if possible)  
Half a 400g tin / One 200g tin



**Unsalted nuts**  
One handful



**Beans (kidney, chickpea)**  
Three heaped tablespoons



**Tinned tuna**  
Half a large tin/one whole small tin 160g



**Cooked chicken**  
(without skin and visible fat removed)  
One palm-size



**Mince full-fat**  
Four level tablespoons



**5% reduced-fat mince**  
Eight level tablespoons



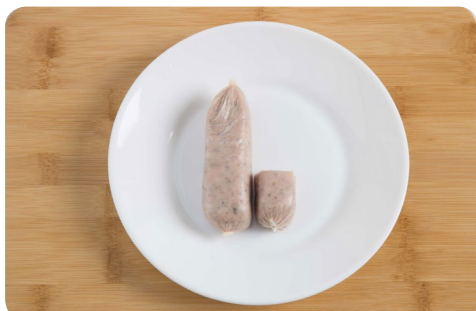
**Quorn mince**  
10 level tablespoons



**Seeds**  
One heaped tablespoon



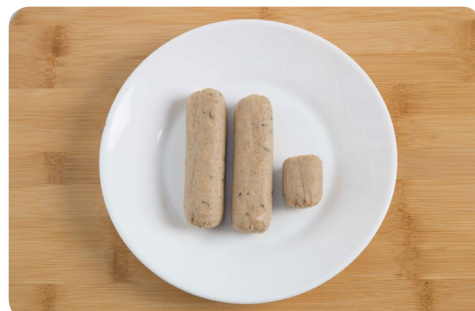
**Pork sausages full-fat**  
One and a quarter



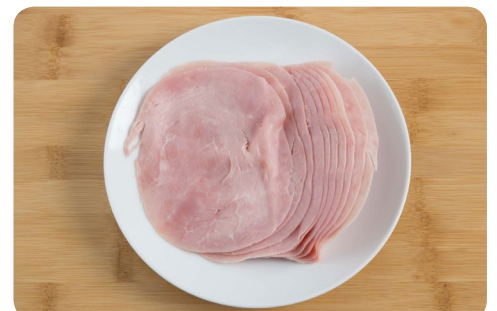
**Reduced-fat pork sausage**  
Two



**Quorn sausage**  
Two and a half



**Wafer thin ham**  
11 slices







# Beans, pulses, fish, eggs, meat and other proteins

Three portions a day for men, two portions a day for women

Some protein foods may be high in fat.

Choosing lower-fat alternatives will help you get enough protein without the extra fat and calories.

Choose lean cuts of meat, remove visible fat and skin on poultry and limit how often you eat processed meat such as burgers and sausages.

Try having fish, eggs, Quorn, beans a few times a week.

Cook without adding fat – bake, steam, grill, poach or microwave.

## Increase your portion size by choosing reduced-fat options



From left to right: one portion of full-fat mince, one portion of 5% reduced-fat mince, one portion of Quorn



From left to right: one portion of full-fat sausages, one portion of reduced-fat sausages, one portion of Quorn sausages