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In the June/July issue of *Tate & Lyle today*, we looked at good sources of carbohydrates. In this issue, we will

take a look at protein.

What is protein?

Protein is essential for life and is a major part of the body. It is found primarily in muscle. We need protein for the growth and repair of tissues; transporting oxygen and nutrients in blood and cells; a healthy immune system; and regulating fluid levels within our bodies.

Meat, dairy products, fish, eggs, cereals, soya products, nuts and pulses (peas, beans and lentils) are all good sources of protein.

How much protein do I need?

The amount of protein you need depends on how active you are. For people who are sedentary or have low levels of activity, the daily protein requirement is equivalent to 0.75g per kg of body weight. So, a person weighing 60kg (1kg equals 2.205 lbs) would need 45g of protein per day. If you are exercising more than an hour each day, then your daily requirement increases to 1.0-1.2g of protein per kg of body weight – that's 60-72g of protein if you weigh 60kg.

What is the protein content of everyday foods

Portion of food	Protein (g)
150g lean meat or poultry	40
150g fish	33
150g soya beans	21
150g tofu, lentils, kidney beans	12
135g baked beans	10
284ml milk	10
30g cheddar cheese	8
1 egg	7
2 slices bread	6

(Conversion: 1kg equals 2.205 lbs)



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