



fertilis



Protein Rich Foods





Importance of Proteins

Protein-rich foods are essential for maintaining overall health as they play a critical role in building and repairing tissues, supporting muscle growth, and enhancing recovery after physical activities. They are vital for producing enzymes and hormones that regulate bodily functions, including metabolism and immune response. Protein also promotes satiety, helping to control appetite and manage weight, while contributing to the health of hair, skin, and nails through proteins like collagen and keratin. Additionally, protein has a higher thermic effect, which means it helps burn more calories during digestion. By providing essential amino acids that the body cannot produce, protein-rich foods are crucial for ensuring optimal bodily functions and overall well-being.

Animal-Based Protein Sources



Chicken



Mutton



Crab



Fish



Prawn



Yogurt (curd)



Panneer



Eggs



Plant-Based Protein Sources



Lentils



**Chick pea
(channa)**



**Kidney Peas
(Rajma)**



Almonds



Walnuts



Chia Seeds



Flax Seeds



Quinoa



Brown Rice



Oats



Tofu



Tempeh

Protein Powders



Whey Protein



Casein Protein



Rice Protein



Soy Protein



Pea Protein



Tips for Increasing Protein Intake

Combine Protein Sources: Combining different protein sources, such as legumes with grains (e.g., dal and rice), can enhance protein quality.

Snack Wisely: Choose protein-rich snacks, such as yogurt, nuts, or roasted chickpeas, to help meet daily protein needs.

Plan Meals: Incorporate a variety of protein sources into each meal to ensure balanced nutrition.

By including a mix of these protein-rich foods in your diet, you can support muscle health, energy levels, and overall well-being.

Common protein-rich foods and their approximate protein content per 100g (Animal Based)

Protein-Rich Foods	Protein Content (Approx.)
Chicken (100g)	31g
Fish (100g)	20g
Egg (1 Large)	6g
Mutton (100g)	25g
Greek Yogurt (100g)	10g
Crab (100g)	19g
Organ Meats (Liver, Kidney, 100g)	25g
Panneer (100g)	18g

Common protein-rich foods and their approximate protein content per 100g (Plant Based)

Protein-Rich Foods	Protein Content (Approx.)
Lentils (100g)	9g
Chickpeas (100g)	19g
Tofu (100g)	8g
Tempeh (100g)	19g
Black beans (100g)	8g
Kidney Beans (100g)	9g
Peanuts (30g)	8g
Almonds (30g)	6g

Common protein-rich foods and their approximate protein content per 100g (Plant Based)

Protein-Rich Foods	Protein Content (Approx.)
Chia Seeds (30g)	4g
Hemp Seeds (30g)	10g
Quinoa (100g)	8g
Amaranth (100g)	9g
Oats (100g)	17g
Pumpkin Seeds (30g)	9g
Sunflower Seeds (30g)	6g
Soy Milk (1 Cup)	7g

Disclaimer

The information provided in this content is for educational purposes only and is not intended as medical advice. While the benefits of protein-rich foods are well-documented, individual nutritional needs may vary based on factors such as age, gender, activity level, and health conditions. It is always advisable to consult with a healthcare professional, registered dietitian, or nutritionist before making significant changes to your diet or lifestyle. The authors and publishers of this content do not assume any liability for the consequences of any actions taken based on the information provided herein.



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