

# PROTEIN SOURCES

## Animal Proteins

### Red Meat:

as there are safety issues with meat like the use of antibiotics, growth hormones and pesticide dips, grass-fed and pasture-raised meat and wild game are preferable, especially for fattier cuts

If you're buying conventional meat, stick with leaner cuts

**Organ meat/Offal** (i.e. liver, kidneys) is the most nutrient-dense protein

If possible, buy offal that comes from grass-fed and/or pasture-raised animals or wild-game sources

If you're buying offal that comes from conventionally raised animals, **lamb and calf** are the preferred sources nutrition-wise

### Dairy:

If you can tolerate dairy it is a reasonable protein source, but just like with meat there are safety issues like the use of antibiotics, growth hormones if you don't buy organic produce

The protein part of milk (casein) is a known allergen and is often implicated in skin problems like eczema

If you can't tolerate dairy or you have a health problem that might be helped with a dairy-free diet, there are many 'plant' milks available nowadays (nut milk such as almond or hazelnut, hemp milk, oat milk or coconut milk)

### Eggs

Organic or pasture-raised eggs are best

100 gr raw chicken egg contains 12.5 gr of protein



### Fish

is very nutrient-dense and highly digestible

Oily fish (sardines, mackerel, anchovies, salmon, herring, and trout) is your best source of EPA and DHA omega-3 fatty acids

White fish and shellfish (Organic or Freedom Food-certified)

A lot of fish is contaminated with man-made non-biodegradable toxins that are likely to accumulate up the food chain; limit large fish such as tuna by eating it only twice a month

### Poultry

organic or pastured poultry and game birds (i.e. pheasant, partridge) are preferable

Limit your consumption of conventional poultry (because of its high omega-6 fatty acid content) to once or twice a week unless there is also a large amount of seafood in your diet



## Plant Proteins

### Grains

I.e. wheat, quinoa, brown rice, buckwheat, oats, spelt etc.

Grains are an excellent protein source: 100 grams of wheat germ has 26.7 grams of protein!

If you can't tolerate the gluten protein (gliadin) in certain grains or you have a health problem that might be helped with a gluten-free diet, stick to the gluten-free grains

### Quinoa

Contains better quality protein than meat. Although known as a grain, quinoa is technically a seed. Like other seeds it's rich in essential fats, vitamins and minerals

It is a good alternative to rice. To cook it, rinse well, then add two parts water to one part quinoa and boil for 15 minutes

**Seaweed** (i.e. nori, Kombu, kelp, agar etc.)  
Low in calories and lots of minerals too

100 grams of nori contains more than 40 grams of protein!

Many **vegetables** especially 'seed' foods like runner beans, peas, broad beans, corn and broccoli, contain good levels of protein

100 gr raw green broccoli contains 4.4 gr of protein

100gr raw runner beans contain 1.6 gr of protein

**Nuts & Seeds** (  
seeds: hemp, chia,  
pumpkin, sunflower etc.)



### Soya

Is one of the few complete plant proteins as it contains all the essential amino acids

However, I would only recommend using organic, non-genetically modified soya products

It is also best eaten in a fermented form such as miso or tempeh

### High Protein Lunch Recipe - Nori Vegetable Wrap

Spread some hummus on a nori sheet, cover with shredded carrot, water cress, cucumber strips, spring onion or any other vegetable you fancy. Sprinkle with a bit of tamari and roll it up

ENJOY!



### Algae

Spirulina and Chlorella are blue green algae that are complete sources of protein, high in B vitamins

They also have detoxifying and cleansing properties

### Sources:

Sally Fallon, 'Nourishing Tradition' (2001)

Sarah Ballantyne, 'The Paleo Approach' (2013)

Patrick Holford, 'New Optimum Nutrition Bible' (2004)

McCance and Widdowson, 'The Composition of Foods' (2008)

<http://www.onegreenplanet.org/natural-health/chlorella-versus-spirulina-a-showdown-of-the-green-algae-superfoods/>