

Protein & Fats in Everyday Foods

A practical guide to per-serving nutrition — from complete animal proteins to powerful plant-based sources — and why the difference matters for your health.



What Are Proteins and Fats?

Proteins

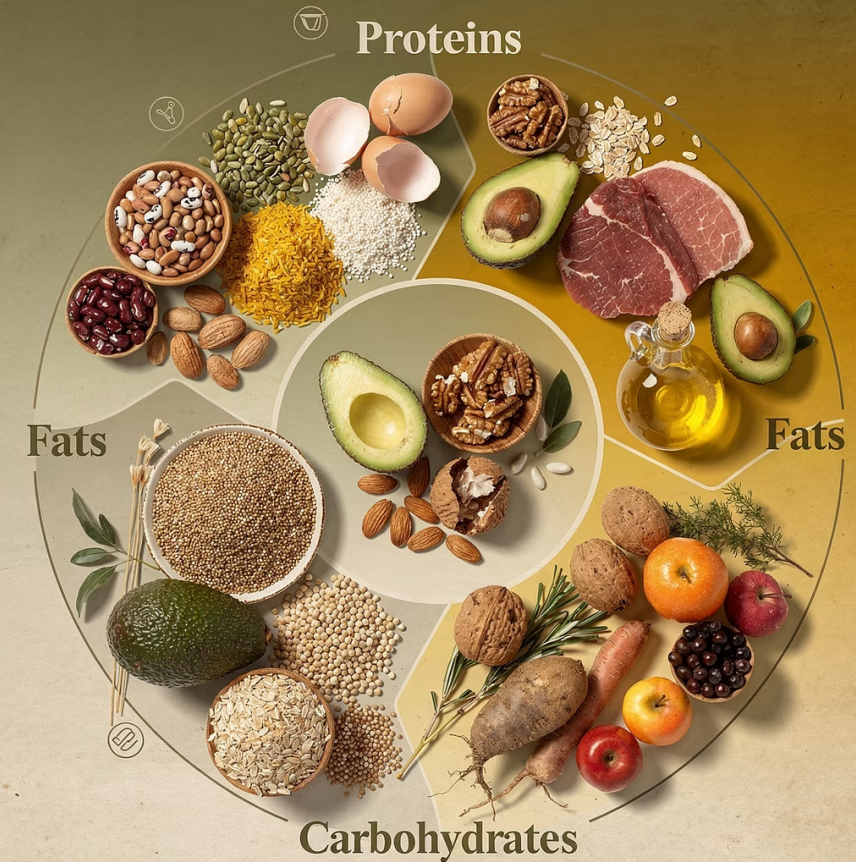
Chains of amino acids essential for growth, tissue repair, enzyme function, and immune health. Every cell in the body depends on them.

Fats

A vital energy source that supports cell membrane integrity, hormone production, and absorption of fat-soluble vitamins A, D, E, and K.

Per Serving Matters

Both macronutrients vary widely across foods. Understanding amounts per serving helps you make smarter, more balanced dietary choices every day.



Complete Proteins: What Does It Mean?



A **complete protein** contains all **9 essential amino acids** — those the body cannot synthesise on its own and must obtain through food.

Animal Sources

Chicken, turkey, pork, beef, eggs, cheese, cottage cheese, milk, and fish are all naturally complete.

Why It Matters

Complete proteins support efficient muscle building, recovery, and metabolic function without dietary combining.

Fish: Complete Protein + Healthy Fats



Top Fish Sources

Salmon, tuna, cod, mackerel, sardines, trout — all rich in complete protein and beneficial omega-3 fatty acids.



Per Serving (3 oz Salmon)

~22g protein and **10–13g fat** — predominantly heart-healthy omega-3s, with virtually no saturated fat.



Omega-3 Benefits

Omega-3 fatty acids found in oily fish actively support cardiovascular health, brain function, and reduce inflammation.



Plant-Based Proteins: Mostly Incomplete, But Powerful



Complete Plant Proteins

Soy, quinoa and edamame are rare exceptions — complete plant proteins containing all 9 essential amino acids.



Tofu, Mushrooms & Seeds

Tofu, mushrooms, pumpkin seeds, and nuts are protein-rich but typically **lack one or more** essential amino acids.



The Power of Combining

Pairing complementary plants — such as **rice + beans** or nuts + legumes — creates a full amino acid profile.

- Lentils + rice
- Chickpeas + couscous
- Black beans + quinoa



Other Plant Protein Sources

Lentils, chickpeas, oats, rice, and hummus are **nutritious incomplete proteins** — excellent daily staples when eaten in variety.

Lentils (1 cup cooked)

~18g protein, very low fat — one of the highest plant protein densities available.

Chickpeas & Hummus

~15g protein per cup (chickpeas). Hummus adds healthy fats from tahini and olive oil.

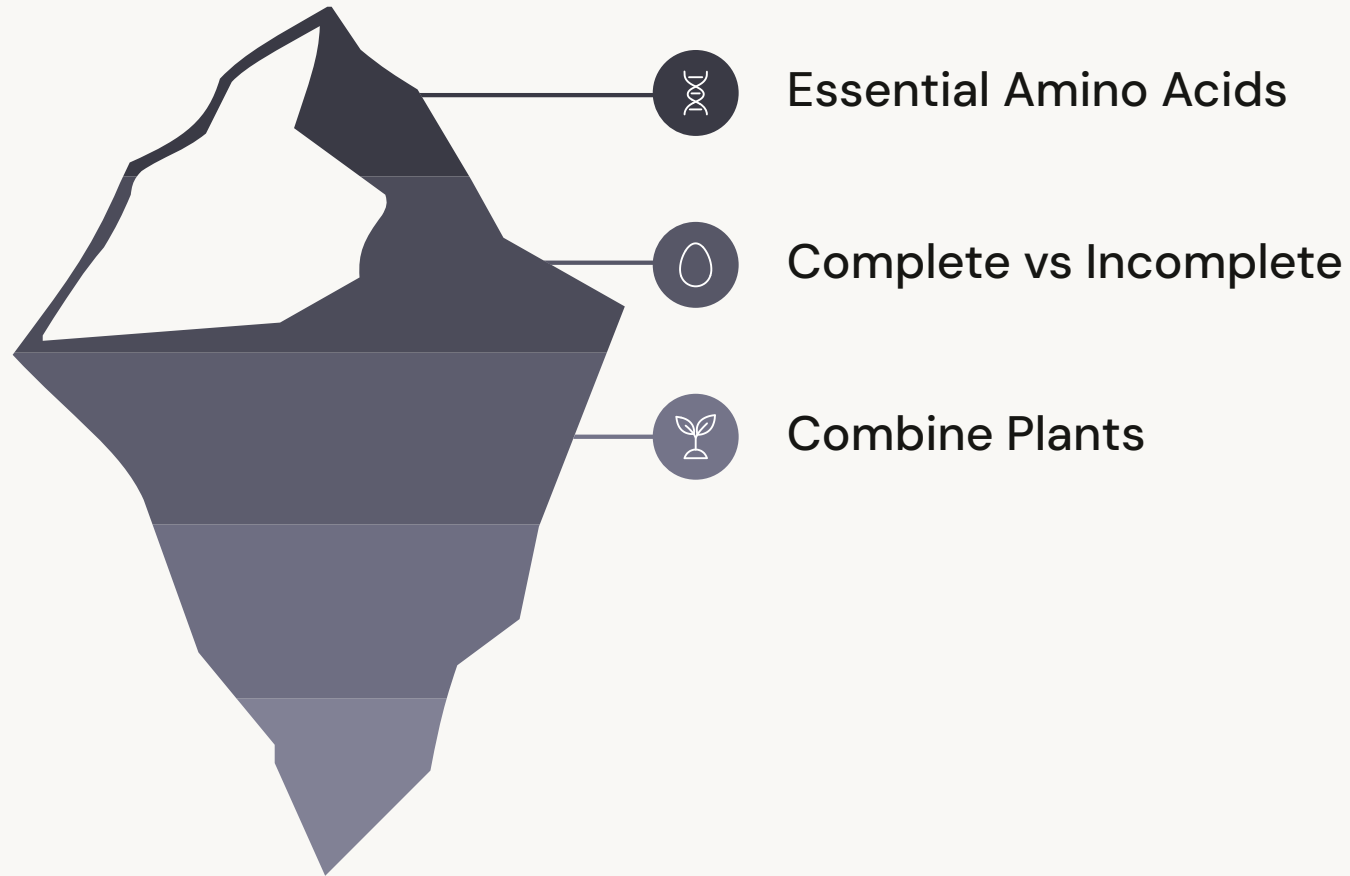
Oats & Rice

Modest protein (~5–6g per serving) but valuable as daily bases — especially when combined with legumes.

Protein & Fat Per Serving: At a Glance

Food (Serving)	Protein	Fat	Notes
Chicken breast (3 oz cooked) / lean beef mince	26g	3-5g	Mostly unsaturated, very lean
Eggs (1 large)	6g	5g	Includes healthy HDL-supporting fats
Cottage cheese (½ cup)	14g	2g	Low fat, high protein complete source
Salmon (3 oz cooked)	22g	11g	Rich in omega-3 fatty acids
Tofu (½ cup)	10g	5g	Complete plant protein (soy-based)
Pumpkin seeds (1 oz)	7g	13g	Mostly unsaturated; rich in zinc
Lentils (1 cup cooked)	18g	1g	Incomplete — pair with grains

Why Amino Acid Completeness Matters



Of the 20 amino acids the body uses, **9 are essential** — meaning diet is your only source. Eggs and soy stand out as unique: both provide all 9, making them invaluable for those reducing animal product intake.

Practical Tips for Balanced Protein Intake

→ Diversify Your Sources Daily

Rotate between animal and plant proteins — variety ensures a broader amino acid and micronutrient profile.

→ Vegetarian & Vegan Strategy

Combine legumes with grains, and add nuts or seeds to meals. Prioritise soy, edamame, and tofu as complete-protein anchors.

→ Choose Quality Fats

Opt for lean meats, oily fish, pumpkin seeds, and mixed nuts to balance protein intake with heart-healthy unsaturated fats.



Summary: Balanced Protein & Fat for Lifelong Health

Complete Proteins

Chicken, turkey, pork, beef, eggs, cheese, cottage cheese, milk, and all major fish varieties provide all 9 essential amino acids in every serving.

Plant Complete

Soy, edamame, and tofu are the standout plant-based complete proteins — prioritise them in plant-forward diets.

Valuable Incomplete Plant Sources

Mushrooms, pumpkin seeds, nuts, lentils, chickpeas, rice, oats, and hummus all contribute meaningful protein. Eaten in combination, they cover all essential amino acids.



The goal: Aim for daily variety across animal and plant sources to support muscle health, efficient metabolism, and sustained overall wellbeing.