Protein across the day

How do I include protein without weighing it?

Find the protein food

Beans, lentils, chickpeas, tofu, eggs, fish, meat, milk and yoghurt can supply protein. Include a suitable choice at main meals and vary it.

Use the pack

Use the protein figure for a serving if it matches yours. A pot, labelled slice or clear fraction of a pack can make portions easier to judge.

A made-up example

A 170 g pot with 5 g protein per 100 g gives 5 x 170 / 100 = 8.5 g protein if you eat it all. Use your own pack; brands differ.

A useful daily check

Ask which food supplies protein at each main meal. This is a practical check, not proof that total intake is adequate. The web label calculator helps scale pack figures.

Make preparation easier

Ready-to-use pulses, tofu or tinned fish can save work. Check salt, allergens and storage instructions.

Personal needs

Kidney disease and dialysis need individual advice. If weight falls without trying or you struggle to eat enough, speak to your GP or dietitian. Enough food overall matters too.

Sources and full guidance

NHS: The Eatwell Guide

East Lancashire Hospitals NHS: Improving your nutrition

University Hospitals Sussex NHS: Protein and kidney disease

NHS: Malnutrition

A summary of the web guide, not a complete assessment of your needs. Full guide | Scope and personal advice.