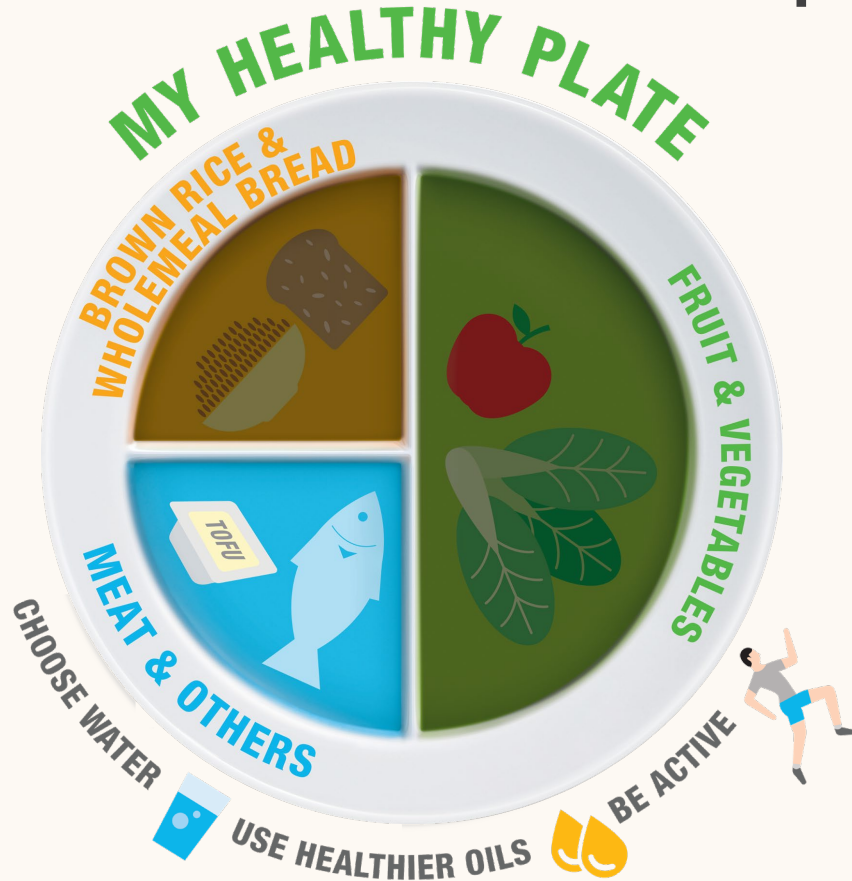


Quarter plate of protein



Protein sources include:

- Animal-based protein e.g., eggs, fish, chicken, dairy products such as milk and yoghurt
- Plant-based protein e.g., soy milk, tofu, nuts, beans and legumes

For quality protein intake:

- Choose lean over fatty meat
- Choose fresh over processed meat
- Have a mix of animal-based and plant-based protein

¼ plate = 1 serving of protein

Daily recommended intake = 2 to 3 servings of protein