

Session 9 – Proteins, Vitamins and Minerals

Proteins

It is recommended to have 0.75g protein for every kilogram of your body weight each day. On average this is 45g for women and 55g for men (around 2-3 portion sizes of protein a day).

0.75g protein x your body weight in Kg (.....) =

Proteins come from

- Soya
- Dairy products
- Eggs
- Fish
- Meat
- Nuts
- Seeds
- Pulses
- Grains
- Vegetables



Plant based Diets

Here are some of our tips which might help you eat more plant based foods:

- Keep it simple - small changes are the easiest to stick to and try one change at a time.
- Start as you intend to go on – start with breakfast
- Halve the beef mince you use in your bolognaise sauce and add soya mince. Add an extra vegetable to your favourite meal or sprinkle on top on of your pizza
- Get cooking – doing your own cooking gives you control of what goes into your food. Start with simple recipes using only a few ingredients. Start with vegetarian ingredients
- Try foods from different places, like Asian or African foods
- Stock up on plant-based foods - tinned pulses, lentils, plant-based milk alternatives, soya mince or chunks. When you want a meaty texture without the meat use half meat and half soya, frozen soya beans, wholegrain carbs, nut butters and tahini
- Add herbs spices, garlic, tomato puree, to taste
- Try meatless Monday and have a plant based meal once a week
- Try something new

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Write down your typical breakfast, lunch, dinner and snacks in the 'Current column'.
In the second column write down ways to make your current meals more plant based.



Meal time	Current	Ideas to make more plant based
Breakfast		
Lunch		
Dinner		
Snacks		

Vitamins and Minerals

There are two types of vitamins:

- Water soluble (B and C) which means they dissolve in water and are used by your body straight away for different functions.
- Fat soluble vitamins (A, D, E, K) do not dissolve in water and are stored in your body and released when you need them.

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Vitamin A

It is important for our immune systems, vision, growth and development and reproduction.



Sweet Potato



Red pepper



Carrots



Baby spinach

Vitamin B1 Thiamine

Assists the body in breaking down, and releasing energy from food, whilst also supporting the central nervous system.



Peas



Lean diced pork



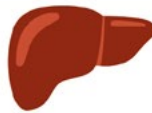
Baked salmon



wholegrain rice

Vitamin B2 Riboflavin

Assists the body in releasing energy from foods, and helps keep the eyes, skin and central nervous system healthy.



Lambs liver



Whole almonds



White mushrooms



Baby spinach

Vitamin B3 Niacin

Assists the body in releasing energy from foods, and helps keep the, skin and central nervous system healthy.



Sirloin steak



Lean pork steak



Dry roasted peanuts



Cooked kidney beans

Vitamin B5 Pantothenic Acid

Assists the body in releasing energy from foods, and helps to make and break down fats.



Greek yoghurt



Boiled broccoli



Oats



Sesame seeds

Vitamin B6 Pyridoxine

Assists the body in releasing energy from foods, and helps produce Haemoglobin, a substance which carries oxygen around the body.



Spring greens



Brussel sprouts



Banana



Soya beans

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Vitamin B9 Folate

Helps with the formation of DNA and red blood cells. It also helps reduce the risk of neural tube defects in unborn babies. Folic acid is the man-made version of folate.



Chickpeas



Steamed asparagus



Kale



Peas

Vitamin B12 Cobalamin

Helps to keep blood and nerve cells healthy, helps the formation of DNA, helps the body use folate and prevents a form of anemia.



Turkey breast



Pork sausage



Cheddar Cheese



Large egg

Vitamin C

Acts as an antioxidant, protecting cells from damage. It also helps to make collagen, supports our immune system and helps to absorb iron from food.



Raspberries



Grapefruit



Cabbage



Cauliflower

Vitamin D

Vitamin D helps absorb calcium, which is essential for excellent bone health. Your muscles need vitamin D to move, and your immune system requires it to help fight off infection.



Tuna steak



Tinned sardines



Mackerel



Lamb's liver

Vitamin E

Helps to maintain healthy eyes and skin, supports with the immune system, acts as an antioxidant.



Sunflower seeds



Mango



Kiwi



Red pepper

Vitamin K

Helps with the process of blood clotting, which helps to heal wounds. It also plays a role in keeping our bones healthy.



Lettuce



Olive oil



Peas



Tomatoes

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Calcium

Calcium helps to maintain strong bones and teeth, whilst also supporting muscle contractions, and moving blood around the blood vessels.



Haricot beans



Milk



Purple sprouting broccoli



Almonds

Iron

Helps with growth and development. It enables the production of haemoglobin, responsible for transporting oxygen to all parts of the body.



Mince beef



Mussels



Cashew nuts



Dried apricots

Magnesium

Helps with energy production from foods we eat. It also plays a role in making sure muscles contract, the heart beats regularly, and supports with bone health.



Broad beans



Wholemeal bread



Baked potato skins on



Banana

Zinc

Zinc plays a role in supporting the immune system to fight off infection. It also helps with the production of cells and supports with wound healing.



Crab meat



Prawns



Lamb neck fillet



Pumpkin seeds

Selenium

Helps protect the body from infection. It plays a role in reproduction, DNA production as well as thyroid gland function.



Chickpeas



Asparagus



Wholemeal bread



Tinned lentils

Potassium

Potassium plays a major role in helping the heart and kidneys function, whilst also ensuring muscles contract. It also helps with fluid balance within the body.



Seabass



Sirloin steak



Baked beans



Avacado

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Phosphorus

Phosphorus is a mineral needed to support healthy teeth and bones, whilst also helping to release energy from foods.



Cod loin



Salmon



Chicken breast



Pumpkin seeds

Iodine

Iodine is essential for making thyroid hormones. It also plays an active role in the development of bone and brain in infancy.



Haddock loin



Shrimp



Halloumi



Red Leicester cheese

Copper

Copper is involved in the production of connective tissue, red and white blood cells and making energy. It also plays a role in supporting both the immune and nervous system.



Pecans



Hazelnuts



Mushrooms



Tofu

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Behaviour change diary



	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				