

Choosing protein sources

Proteins sources may also contain fats/oils or carbohydrates in high amounts. For example, red meat has high amounts of saturated fats, eggs contain some cholesterol while fish also contain omega-3-fatty acids. Beans and lentils also contain a high amount of carbohydrates. However, plant protein sources do not contain cholesterol.

Processed meats like bacon, sausages etc have been shown to increase the risk of developing cancers. Therefore, it is important to limit the consumption of processed meats.

Therefore, in choosing protein sources, apply the following tips:

- Choose lean meats with all the visible fats removed
- Remove the skin of chicken and other poultry
- Avoid processed meat sources like bacon, sausages, salami
- Cook proteins with limited amount of fats and oil like boiling and baking.
- Eat more plant sources because they don't contain cholesterol
- Use low fat dairy like skimmed milk, low fat yoghurt and low fat cheese