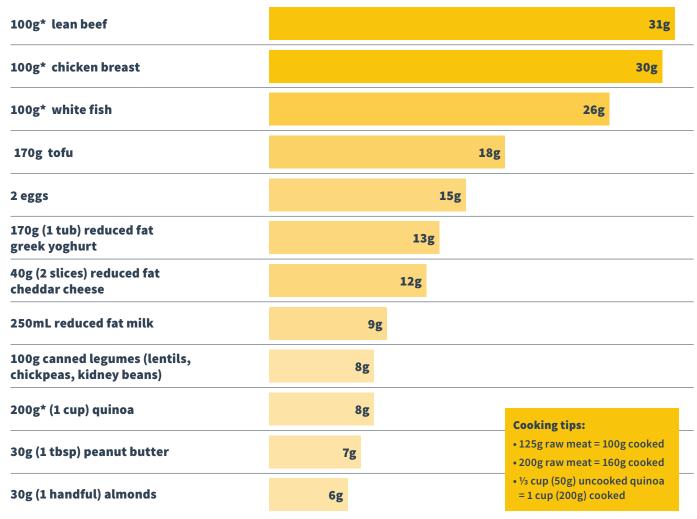
A Guide to Protein-Rich Meals

Why is protein important?

- Builds and maintains muscle for an active lifestyle
- Essential for growth and repair of the body and good health
- Provides a satisfying meal for those who need to manage their weight



Good sources of protein



^{*}cooked weight



Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information. Care is taken to ensure the accuracy and currency of this publication, however, we cannot guarantee accuracy or currency. This publication is intended to provide general information. It is not intended to be comprehensive. You should make your own enquiries before making decisions concerning your nutrition requirements. This information is not medical advice and you should consult a health professional before making any decisions concerning your interests. MLA is not responsible for the contents of any third party websites and references in this publication and no endorsement of any products or services should be implied. July 2019.