

My Protein Diary

At my age (60), weight (50.5kg) and height (1.63m), I should be eating 60g of proteins a day, or about 20g per meal. Health Promotion Board dietitian Valerie Tay calculates if I'm meeting the target.

DAY 1

Wed, Aug 28

Protein: 49g

AM: 45min slow jog

PM: 60min taiji

BREAKFAST

- Soya milk with grass jelly, no sugar
- Soya bean curd, less sugar
- Youtiao



LUNCH

- Ramen with pork, veg, 1 egg
- Caesar salad



SNACK

- Red bean pancake



DINNER

- 2 corn tacos with barramundi, salsa, lettuce



DIETITIAN VALERIE TAY

Soya is a good source of protein. The pork in the ramen and barramundi in the tacos are good sources, too. I'm glad you left the soup in the ramen or this meal would have been high in sodium. More vegetables and fruits would have made this day's diet more balanced.

DAY 2

Thu, Aug 29

Protein: 62g

AM: 30min slow jog

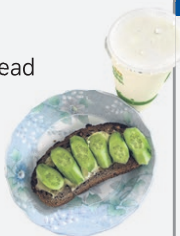
BREAKFAST

- Milo with low-fat milk
- Mixed nuts



LUNCH

- 1 slice of multigrain bread with cheese, cucumber
- Soya milk, less sugar



DINNER

- 2 slices of multigrain bread with salmon, cheese
- Spinach soup with fishballs



SNACK

- Milo with low-fat milk
- Buttercream cookie



Despite having mostly bread, your meals were largely balanced with enough protein such as nuts, cheese, soya milk and salmon. You had veg, but could have included fruit. Instead of white or multigrain bread, wholemeal bread would be a better choice.

DAY 3

Fri, Aug 30

Protein: 58g

PM: 60min taiji

BREAKFAST

- Coffee with low-fat milk
- Mixed nuts



LUNCH

- Blueberries
- Burger with chilli sauce and mustard



SNACK

- Milo with low-fat milk
- Oat crackers
- Chocolate



DINNER

- Salad with falafel
- 1 slice of white bread



Low-fat milk is a good source of protein. You also had protein from the meat in the burger, but go easy on sauces because of their sodium. The falafel in your salad provides protein. For hot beverages like a chocolate malt drink, opt for those with the Healthier Choice symbol, which indicates lower sugar.

DAY 4

Sat, Aug 31

Protein: 67g

No exercise

BREAKFAST

- Coffee with low-fat milk
- 2 slices of French toast with white, walnut bread
- Unsweetened yogurt
- Blueberries



LUNCH

- Noodles with bitter gourd, dried shrimp, salmon



SNACK

- Milo with low-fat milk
- Plain popcorn
- Buttercream cookie
- Caramel, pecan ice cream



DINNER

- Noodles with bitter gourd, dried shrimp, salmon, tomatoes
- Papaya, blueberries
- 1 slice of walnut bread



Yogurt has protein and an unsweetened version is a better choice than flavoured ones. Adding salmon to the noodles was a good decision. Plain popcorn is a good snack as it is low in calories. Eat snacks such as ice cream in moderation as they are higher in sugar and saturated fat.

DAY 5

Sun, Sept 1

Protein: 75g

No exercise

BREAKFAST

- Milo with low-fat milk
- 3 slices of French toast using walnut bread
- Salad with falafel



LUNCH

- Thai wonton noodles with fish sausage, char siew, fried wonton, vegetables



SNACK

- Coffee with low-fat milk
- Chocolate almonds



DINNER

- Salad with falafel, tangerine
- 2 slices of walnut bread with cheese



Falafel added protein to your breakfast, as did the egg, cheese, walnut in the bread, and low-fat milk. The wonton noodles make it a fairly balanced meal but watch your intake of processed meats such as sausages because of their saturated fat and sodium content.

DAY 6

Mon, Sept 2

Protein: 39g

AM: 45min slow jog

BREAKFAST

- Coffee with low-fat milk
- Vanilla yogurt, nuts



LUNCH

- Salmon sashimi with rice



DINNER

- Tuna sandwich



On days when it is challenging to meet your protein needs, you can top up with a high-protein snack such as yogurt or edamame. Sashimi is a good source of protein. Adding a salad to lunch would have given you more veg. What's missing today is fruit.

DAY 7

Tue, Sept 3

Protein: 49g

AM: 40min slow jog

BREAKFAST

- Coffee with low-fat milk
- 3 slices of walnut bread with cheese
- Blueberries, lettuce



SNACK

- Chocolate almonds



NO LUNCH

DINNER

- Pork bun, braised luffa with scallops, yam, sweet and sour pork, 1 bowl of rice



SNACK

- Vanilla yogurt, tangerine



You skipped lunch. It's best to eat three meals a day. Your body can't store protein so you need adequate protein throughout the day. When you have enough protein for your main meals, you are also likely to feel full for longer and less likely to snack.