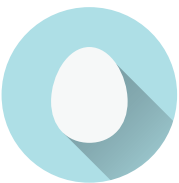
How much protein to eat every day

90g 1 palm-sized piece of fish, lean meat or skinless poultry

170g 2 small blocks of beancurd



150g
3 eggs

500ml
2 glasses of low-fat milk

90g
5 medium-sized prawns

120g ¾ cup (250ml mug) of cooked pulses such as lentils, peas and beans

Source: HEALTH PROMOTION BOARD STRAITS TIMES GRAPHICS