

# Protein foods

Protein is essential for our health, supporting growth, immunity, and building muscle. Good food sources of protein include legumes, nuts, fish, eggs, chicken, lean meat, and milk products. Daily protein needs vary by age and gender, with serving size examples provided by the New Zealand Ministry of Health (MOH).

## Legumes, nuts, seeds, fish, other seafood, eggs, poultry and/or red meat with fat removed

<b>MEN</b>	<b>19-50</b>	●●●
	<b>51-70</b>	●●●
	<b>70+</b>	●●●
<b>WOMEN</b>	<b>19-50</b>	●●●
	<b>51-70</b>	●●
	<b>70+</b>	●●

● one serving    ● half serving

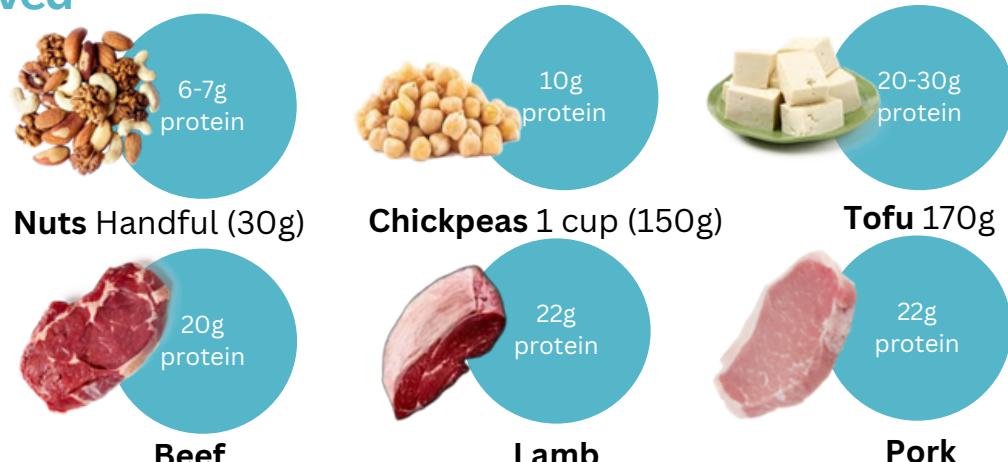
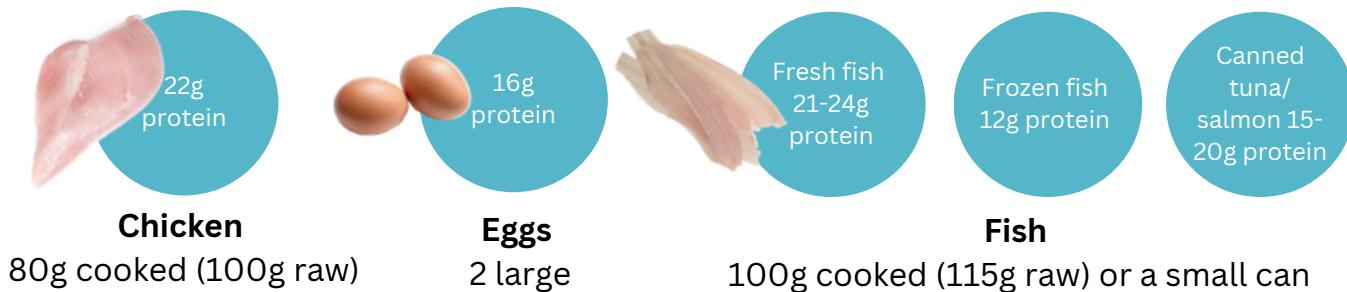


Image from MOH New Serving size advice resource



## Milk and Milk products

Aim for mostly low and reduced fat options

<b>MEN</b>	<b>19-50</b>	●●●
	<b>51-70</b>	●●●
	<b>70+</b>	●●●●
<b>WOMEN</b>	<b>19-50</b>	●●●
	<b>51-70</b>	●●●●
	<b>70+</b>	●●●●

● one serving    ● half serving



Image from MOH New Serving size advice resource

To see the Ministry of Health resource on recommended serving sizes of each food group [click here](#)

Updated by WellSouth dietitians January 2026

Estimates come from NZ food composition database 2024

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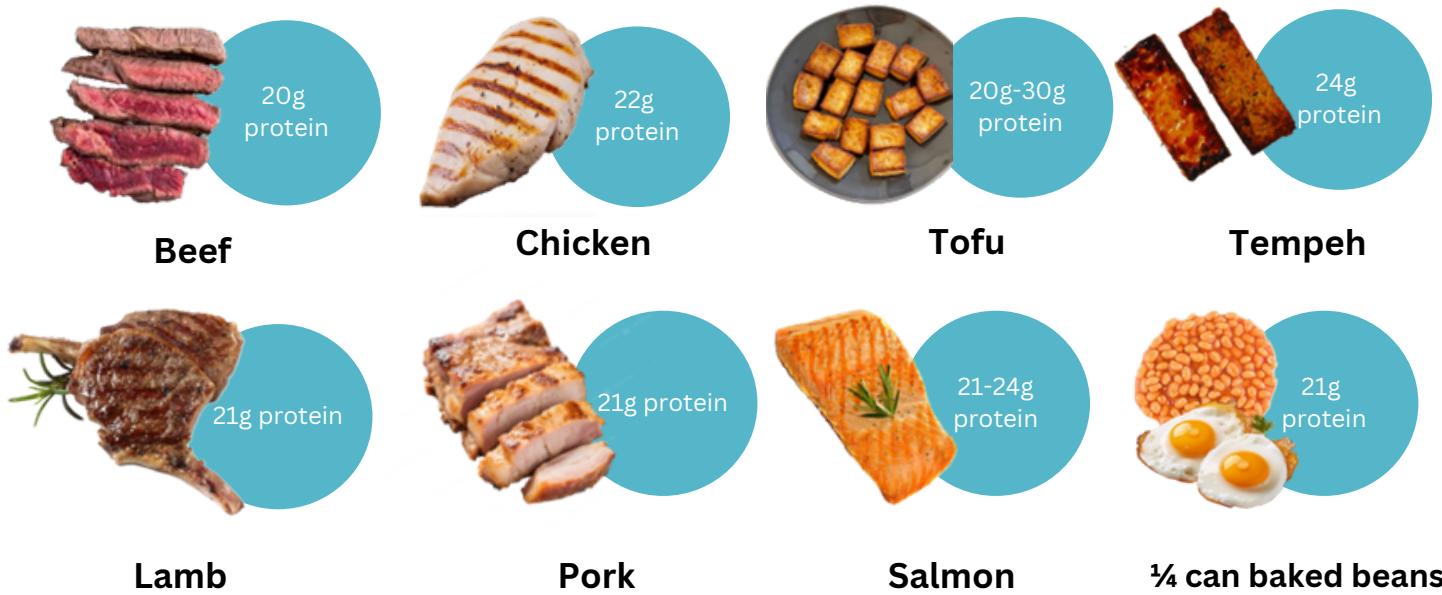
## Healthy plate model:



Image from Canada's food guide: <https://food-guide.canada.ca/en/food-guide-snapshot/>

## Higher protein choices:

Portions sizes and estimates are based off NZ Ministry of Health serving size recommendations



To see the Heart Foundation resource for a guide to portion sizes using your hands, [click here](#)