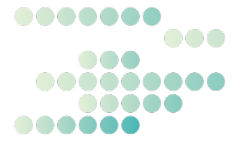


PRESSURE ULCER/INJURY RECURRENCE

FACT SHEET 5 PROTEIN SOURCES (FOR PATIENTS AND PROFESSIONALS)



Protein sources

20 g of protein



21 g whey protein



5 egg whites



80 g water canned tuna



80 g turkey breast



176 g cottage cheese



3 whole eggs



250 g red beans



600 mL of milk



1 protein bar of 80 g
(check the nutritional table)