

MasterChef judge John Torode

BBC iWonder protein guide z8899j6

It's always a difficult question for a chef to answer when they're asked what's the best protein to eat. Because is it about health, or is it about what you want to eat?

For me the best protein in the world is beef, I love beef. As the world is changing and we're considering which way we're getting our protein, it's not just us who are considering it, it's also the farmers, the farmers and what they're feeding the animals.

The fact is there is protein in many, many things, and as a human being, I enjoy a variety. I don't believe anybody should be championing one product. Have a varied diet. Eat some lentils, eat some chickpeas, eat some tofu, eat some fish. Eat lots of things that are varied and your body will be a lot better for it