



Protein

GOOD SOURCES AND AMOUNTS

What is Protein?

Protein builds, maintains, and replaces the tissues in your body. Along with fat and carbohydrates, protein is one of the main nutrients that the body needs every day. To achieve a balanced diet, use both plant and animal based proteins.

Your protein needs are _____ grams per day

Where does protein come from?

Most proteins come from animal sources such as meat, poultry, eggs, dairy and fish. Plant-based proteins include beans, lentils, tofu, soy-based products, nuts and seeds.

Which proteins should I choose?

Some meat products and foods high in protein may also contain high levels of fats, which may increase calorie levels and weight. Select lean cuts of meat, poultry without skin, fish, low fat or nonfat dairy products, and watch portion sizes for nuts and nut butters. Choose proteins that are baked, grilled, boiled, poached or steamed. Avoid proteins that are battered or fried.

How much protein do I need?

The RDA (Recommended Daily Allowance) for protein is 0.8 grams per kilogram of body weight. This represents the minimum amount of protein that a healthy person requires. However, some people may have higher protein needs. For example, pregnant and lactating women, growing children, athletes, and post-surgery patients need more protein. To understand your individual protein needs, speak with your Registered Dietitian.

Meats/Seafood

Type	Amount	Grams of Protein	Calories
Beef, chicken, turkey, fish	3 oz	21	120-150
Shellfish	3 oz	18	80-100
Shrimp	12 large	17	80
Tuna, water packed	3 oz	18	110

Legumes (Beans and Lentils)

Type	Amount	Grams of Protein	Calories
Black, pinto, kidney, garbanzo, navy beans	1/2 c. cooked	8	115
Lentil	1/2 c. cooked	9	115
Hummus	2 Tbs	2	70

Dairy Products

Type	Amount	Grams of Protein	Calories
1% Milk	1 cup	8	110
1% Cottage Cheese	1/2 cup	14	90
"Light" Flavored Yogurt	3/4 cup	6	80
Plain Low Fat Yogurt	3/4 cup	10	115
Plain Fat Free Greek Yogurt	3/4 cup	18	100
Cheese	1 ounce	7	70-115
Nonfat Dry Milk Powder	2 Tbs.	3	30
Parmesan, grated	1 ounce	11	120
Kefir, Plain, Low Fat	1 cup	11	110

Protein Sources

Nuts/Seeds

Type	Amount	Grams of Protein	Calories
Nut Butters (peanut, almond, soy)	1 Tbs.	4	80-100
Almonds	1 oz (~25 nuts)	6	170
Sunflower Seeds	1 oz	6	150
Pumpkin Seeds	1 oz	7	155

Eggs

Type	Amount	Grams of Protein	Calories
Whole egg	1 egg	7	72
Egg white only	1 white	3.6	17
Egg substitute	¼ cup	6	30

Soy Products

Type	Amount	Grams of Protein	Calories
Soy beans	½ cup	14	150
Edamame, shelled	½ cup	8	100
Soymilk	1 cup	6	90-100
Soy cheese	1 ounce	5	70
Tofu, extra firm	4 ounces	11	100
Tempeh	4 ounces	20-24	230-270
Soy protein powder	2 tablespoons	10	40
Soy nuts	½ cup	22	260
Miso	3 tablespoons	7	120

Vegetarian Products

Type	Amount	Grams of Protein	Calories
Gardenburger	1 patty (2.5 oz)	5	100
Boca Burger	1 patty (2.5 oz)	14	120

Other

Type	Amount	Grams of Protein	Calories
Wheatgerm	3 Tbs.	4	60
Yeast, brewers	1 Tbs.	7	50
Carnation Instant Breakfast No Sugar Added	1 packet	5	60
Carnation Instant Breakfast	1 Ready to drink bottle	10	240
Oatmeal, cooked	1 cup	6	165
Whey Powder Isolate	1 scoop (1 ounce)	20	100
Quinoa	¼ cup dry	7	170