

# PROTEIN

## GETTING ENOUGH ON A DAILY BASIS

### HOW MUCH PROTEIN DO I REALLY NEED?

- Omnivores (if you eat meat) require 0.8 g/kg of body weight.
- Vegetarians and Vegans require 1.1 g/kg of body weight.
- Endurance/resistance athletes require between 1.2-1.7 g/kg bodyweight.

In general, most adults should be consuming about 1 gram of protein per kilogram of body weight. If you weigh 70kg, you should be consuming about 70 grams of protein daily. If you are an athlete or very active - you need more.

### HOW TO INCORPORATE PROTEIN INTO MEALS

Try to incorporate protein into each meal and snack – this helps ensure the intake of essential amino acids and helps to stabilize blood sugar, and thus, your energy.

**A protein portion of 3.5 oz (100g) the size/weight of a deck of playing cards.**

When putting together a plate of food keep the following ratio in mind: 1/4 protein, 1/4 whole grains, and 1/2 vegetables. You can also incorporate more protein by sprinkling nuts and seeds on top of your meals or adding a scoop of protein powder to your smoothie.

### HIGH PROTEIN FOODS

#### Nuts & Seeds

Food Source	Serving Size	Protein in Grams
Hemp Seeds	3 tbsp	10g
Chia Seeds	2 tbsp	4g
Pumpkin Seeds	2 tbsp	6g
Sunflower Seeds	2 tbsp	4g
Almonds	1/4 cup	5g
Cashews	1/4 cup	5g

Food Source	Serving Size	Protein in Grams
Walnuts	1/4 cup	4g
Brazil Nuts	4 nuts	4g
Peanuts	1/4 cup	7g
Almond Butter	2 tbsp	7g
Tahini	2 tbsp	5g

## Grains

Food Source	Serving Size	Protein in Grams
Quinoa	1 cup (cooked)	8g
Brown Rice	1 cup (cooked)	5g
Buckwheat	1 cup (cooked)	5g

## Meat Sources

Food Source	Serving Size	Protein in Grams
Chicken Breast	3 oz	20g
Turkey	3 oz	17g
Ground Beef	3oz	21g
Ground Turkey	3 oz	15g
Steak	3 oz	27g
Pork Loin	3 oz	18g
Bacon	4 strips	10g

## Fish

Food Source	Serving Size	Protein in Grams
Salmon	3 oz	21g
Herring	3oz	20g
Cod	3 oz	15g
Anchovies	2 oz	13g
Sardines	2 oz	7g
Shrimp	3 oz	14g

## Eggs & Dairy

Food Source	Serving Size	Protein in Grams
Egg Whites	1 cup	26g
Whole Egg	1 egg	6g
Cottage Cheese	1/4 cup	7g
Feta Cheese	1/4 cup	6g
Goat Cheese	2oz	6g
Cheddar Cheese	1/4 cup	6g
Milk (2%)	1 cup	5g
Kefir	1/2 cup	5g
Plain, Full Fat Yogurt	1/2 cup	6g
Greek Yogurt	1/2 cup	10g

## Beans & Legumes

Food Source	Serving Size	Protein in Grams
Chickpeas	1/2 cup (cooked)	7g
Lentils	1/2 cup (cooked)	21g
Black Beans	1/2 cup (cooked)	6g
Peas	1 cup	8g
Edamame	1 cup	17g
Tempeh	3.5oz/100g	18g
Tofu	3.5oz/100g	9g
Soy milk	1 cup	8g