

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 1gram 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