

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

BENEFITS OF PROTEIN

Power Up With Protein

Protein is an important nutrient used for growth and development within the body. The cells of muscle, bone, cartilage, skin, and blood all include protein.

Protein is made up of amino acids. Think of amino acids as the building blocks of a structure. To have a complete structure, all of the building blocks must be present. The same goes for protein; all of the amino acids must be present to have a complete protein. We get protein in our diet from meat, dairy products, nuts, beans, and different kinds of grains. Combining plant and animal based protein ensures we get all of the amino acids our body needs.



How Much Do I Need?

Recommended Dietary Allowance for Protein

	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

Excess consumption of protein can cause complications such as heart disease, high cholesterol, and excess strain on the kidneys.

Just like carbohydrates and fats, eating too much protein will add extra calories and contribute to weight gain.

What Are The Types of Protein?

- **Complete Proteins:** Protein source that has all 9 essential amino acids. Sources include chicken, fish, eggs, pork, and beef.
- **Complementary Proteins:** Two or more incomplete protein sources that together provide a complete protein. Examples are: grains with legumes, nuts with legumes, and legumes with seeds.

Sample Daily Plan

Breakfast: 2 slices of whole-grain toast topped with 2 tablespoons of peanut butter, 1 cup of low-fat yogurt, and 1 orange

Snack: 1 cup melon with a reduced-fat cheese stick

Lunch: 3 ounce turkey burger on a whole-wheat bun, and 2 cups leafy greens topped with 2 tablespoons of Italian salad dressing

Snack: 1 cup raw tomatoes mixed with cucumbers, plus 1 cup low-fat cottage cheese

Dinner: 3 ounces grilled chicken, 1 cup cooked carrots, and 1 cup cooked quinoa

Using the chart on page 2, plan out your daily meals to include at least one of the protein choices.

Coach's Quick Take

Daily protein needs can vary. Here's a quick way to ensure you're meeting your body's protein needs:

Take your weight in pounds and divide it by 2.2. Multiply that number by 0.8 (not very active), 1.3 (active or pregnant), or 1.8 (extremely active).

CHOOSE YOUR PROTEIN WISELY

The type of protein you eat may play a role in successful weight loss and your overall health.

Consumption of processed meats in large quantities such as hot dogs, sausages, and deli meats have been linked to increased risk of type 2 diabetes, cardiovascular disease, and colorectal cancer. You'll have a harder time maintaining weight loss if you eat these proteins often, and you may be damaging your body.



GREAT SOURCES OF PROTEIN

Fish: Offers heart-healthy omega-3 fatty acids and, in general, less fat than meat.



<u>Protein Sources</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Sockeye Salmon	3.5 oz	169	25 g	6.69 g	84 mg
Cod (Atlantic)	3.5 oz	82	18 g	0.7 g	43 mg
Haddock	3.5 oz	90	20 g	0.6 g	66 mg

Poultry: Most of the saturated fat can be eliminated by removing the skin, or you can purchase the skinless variety.



<u>Protein Source</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Chicken Breast (cooked)	3.5 oz	219	26 g	13 g	78 mg

Beans: Contain more protein than any other vegetable option.



<u>Protein Sources</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Black Beans	3.5 oz	341	22 g	1.4 g	0 mg
Kidney Beans	3.5 oz	127	9 g	0.5 g	0 mg
Soy Beans	3.5 oz	446	36 g	20 g	0 mg

Nuts: 1 oz of almonds gives you 6 grams of protein, nearly as much as 1 oz of broiled ribeye steak.



<u>Protein Sources</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Almonds	3.5 oz	576	21 g	49 g	0 mg
Cashews	3.5 oz	553	18 g	44 g	0 mg

Bison: Is an excellent source of iron, zinc, and certain B vitamins, including vitamin B12 and niacin.



<u>Protein Source</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Bison	3.5 oz	143	28 g	2.42 g	82 mg

Diary: Another great source of B vitamins and important minerals such as calcium and selenium. Consider choosing egg whites at times to avoid high cholesterol intake.



<u>Protein Sources</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Cholesterol</u>
Eggs	3.5 oz (2 large eggs)	140	14 g	10.5 g	413 mg
Cottage Cheese	3.5 oz	70	10.5 g	0 g	3.5 mg