

# Healthy Protein Foods

## FOCUS ON OPTIMAL PROTEIN INTAKE

Protein needs differ depending on how much a person weighs. In order to preserve muscle mass, you need 0.36 grams of protein for every pound you weigh. Therefore, you can multiply your body weight by 0.36 to determine how many grams of protein you should consume daily. For example, if you weigh 150 lbs:  $150 \times 0.36 = 54$ , so you would need 54 g. of protein daily.

## EXAMPLES OF LEAN AND HEALTHY PROTEIN:

Chicken breast, eye of round beef roast, lean center cut pork roast, turkey, starchy beans such as kidney beans\*, eggs, nuts and seeds\*, sautéed tofu\*, salmon, shrimp, nut butters\*, cottage cheese, and Greek yogurt.

## STRIVE FOR A NICE DOSE OF PROTEIN AT EACH MEAL

At least 15 g. per meal (for women) or 25-30 per meal (for men).

- A container of greek yogurt has 15 g. of protein.
- Every oz. of meat has 7 g. of protein. Therefore, a standard 3 oz. portion has 21 g. of protein
- A cup of beans has 17 g. of protein
- ½ cup Tofu has 9 g. of protein
- 2 Tbsp. peanut butter has 8 g. of protein
- A large egg has 7 g. of protein

## FOR BEST HEALTH

Minimize less healthy protein choices such as fried chicken or fried fish, fatty steaks, roasts, hamburgers, ribs, brats, sausage, hot dogs, bacon, bologna, and other processed meats. Cheese and higher fat dairy products should also be consumed in moderation.

