



# PROTEIN

Join Arch Amenities Group and our Registered Dietitians as we learn about Macronutrients. Protein is the final essential nutrient in this four week program. Next week you'll enjoy some activities to apply your new knowledge!

## THE BASICS

### What?

Proteins are complex molecules (combinations of Amino Acids). There are over 20 Amino Acids, and the body can make most of them. There are 9 essential amino acids that the body cannot make and must come from our food in the form of dietary protein.

### Why?

- build/repair tissues such as muscle and skin
- enzyme production, which carry out essential functions of the body
- hormone production, signalers for essential functions
- more! At least 10,000 different proteins are created in the body using dietary protein to help your body function



## HOW MUCH PROTEIN SHOULD I CONSUME?

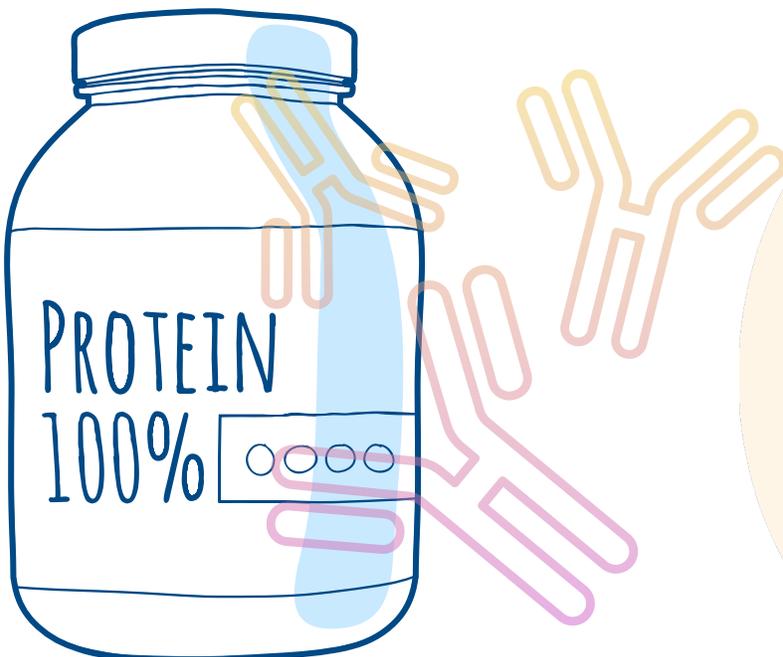
### Adults should consume:

Minimum: .8 grams per kilogram(kg) of body weight daily

General: 1-1.2 grams per kilogram of body weight daily (for a reasonably active adult)

Maximum: 1.7 grams per kilogram of body weight. (Strength Athletes)

\*Sometimes intake higher than 1.7 grams per kg can be beneficial. Work with a dietitian or physician before starting a high protein diet to ensure you are not at risk for nutrient deficiencies or negative health outcomes. How much protein is optimal for you is highly individualized. Most Americans consume more protein than necessary.





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## WHERE CAN I FIND PROTEIN?

The most well-known high protein sources include land animal meats, lowfat dairy products, and fish. Nuts, seeds, beans, peas and lentils are also great sources of protein and provide better gut health benefits than land animal meats and products. It is important for everyone, but especially vegetarians and vegans to eat a variety of plant-based protein foods to insure they consume all 9 essential amino acids, among other benefits from eating a varied, largely plant focused diet. Despite the limited number of foods considered high protein foods, getting your total daily protein can be easier than you think. Many foods labeled as grains and vegetables also have considerable amounts of protein that add up in a balanced diet.

Edamame	1 cup	240 calories	22grams
Chicken Breast	4 oz	130 calories	30 grams
Ground Turkey	4 oz	150 calories	20 grams
Salmon	4 oz	150 calories	25 grams
Sardines	1 can (no oil added)	160 calories	19 grams
Eggs	3 large eggs	210 calories	18 grams
Extra Firm Tofu	6 oz	180 calories	18 grams
2% Cottage Cheese	½ cup	90 calories	13 grams
Oysters	1 cup	126 calories	14 grams
Shrimp	4 oz	100 calories	23 grams
Paneer	4 oz	320 calories	28 grams
Tempeh	1/3 block	170 calories	17 grams

### HIGH PROTEIN FOODS

Easily provide enough protein in 4-6 oz per meal. Can be combined with other protein containing foods, or be the only protein source that meal.

### PARTIAL PROTEIN SOURCES

These foods are part protein, and also contain high amounts of other energy nutrients. This means they require more than one serving size to meet protein requirements in a meal, or can be combined with other protein containing foods to create a meal with adequate protein.

Low Protein Content: Usually not enough protein to be the main or only protein source in a meal, but can be combined with the above to achieve a balanced meal.

Almonds	¼ cup	190 calories	8 grams
Peanuts	¼ cup	180 calories	7 grams
Pumpkin Seeds	¼ cup	170 calories	8 grams
Sunflower seeds	¼ cup	180 calories	6 grams
Garbanzo Beans	½ cup	120 calories	7 grams
Edamame	½ cup	120 calories	11grams
Black Beans	½ cup	110 calories	7 grams
Kidney Beans	½ cup	110 calories	7 grams
Red Lentils	¼ cup	190 calories	12 grams
Green Lentils	¼ cup	160 calories	10 grams
Green Peas	1 cup	100 calories	8 grams
Hemp Seeds	2 TBSP	180 Calories	10 grams
Pecorino Romano Cheese	½ cup	160 calories	8 grams
Icelandic/Greek Yogurt	1 serving	130 calories	14 grams

### DON'T FORGET ABOUT THESE FOODS!

With food processing practices some foods are harder to define. However, most of these food varieties also contribute significant protein content. Be sure to check the label to help you determine if a food is helping contribute to your protein intake! Check out whole wheat breads, mushrooms, rice and cheese.