

PROTEIN

PROTEIN IS AN ESSENTIAL SOURCE OF NUTRIENTS FOR THE BODY.
Protein serves as building blocks for the tissues of the body such as skin, blood, muscle, cartilage, and bones.

IN GENERAL, THE AMOUNT OF PROTEIN A PERSON SHOULD CONSUME IS .36GRAMS PER POUND.

MOST AMERICAN ADULTS EAT ABOUT 100 GRAMS OF PROTEIN PER DAY.
135lb person x .36g = 49g of protein
200lb person x .36g = 72g of protein.

SPINACH = 3G IN 3 CUPS

POULTRY = 38G IN 1 CUP

GOOD SOURCES OF HIGH-QUALITY PROTEIN

- FISH: SALMON, TROUT, SARDINES, ANCHOVIES, HERRING
- POULTRY
- DAIRY PRODUCTS: SKIM MILK, CHEESE, YOGURT
- EGGS
- BEANS
- NUTS AND SEEDS
- TOFU AND SOY PRODUCTS

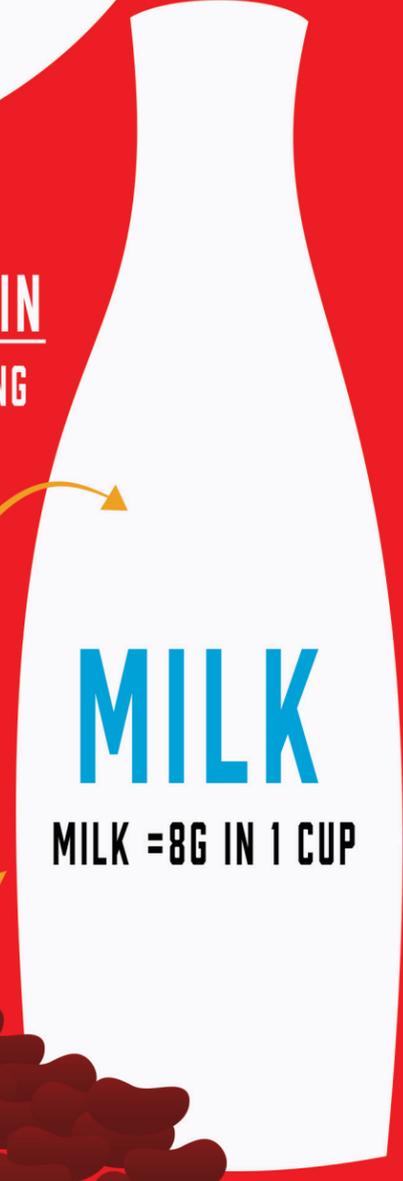
FISH = 25-40G IN 3 OZ.
(DEPENDING ON THE TYPE OF FISH.)

EGGS = 6G EACH



TOFU = 10G IN 1/2 CUP

NUTS & SEEDS = 6G IN A HANDFUL



MILK

MILK = 8G IN 1 CUP

BEANS = 15G IN 1 CUP

