



## Protein Intake Reference Guide

Macronutrients (or macros) are made up of proteins, fats and carbohydrates. Each macro has different effects on your body, which is why all calories are not created equal. Here is a simple breakdown of what each macro does:

- **Protein:** Protein helps you build or maintain muscle, stay full and keep you lean. Keeps you strong!
- **Fats:** Fats store energy, insulate us, protect our vital organs, assist with brain functionality and more. This is an essential macro for living.
- **Carbohydrates:** Carbs help fuel our bodies, and keep our brain and muscles fresh. This is a main source of energy.

### **Why is Protein Important?**

Protein is the leading champ of the macros. It helps you build or maintain muscle, stay full and keep you lean. Our metabolism and weight management is directly related to our protein intake. While protein intake will differ for every person, a good starting place for most individuals will be between 25-35% of total calories. It's important to note that we can only store so much protein at a time. The key to meeting protein goals is less about consuming large quantities of protein when you remember, and more about consuming moderate amounts of protein consistently. Think of it like refilling your water bottle. You have to keep up on it or you'll end up empty!

### **Plant-Based Protein**

Protein is a critical nutrient in order for your body to build and repair tissue. While protein contains the building blocks for your whole body, the source and quantity will differ for every person. For some individuals, environmental and ethical factors are other compelling motives to eat only plant proteins. For others, it may be the way their body feels when fueled by plant alone. If you are interested in learning more about plant-based proteins, refer to the vegan and vegetarian options on page 3 of this guide.

### **Consuming More Protein**

- Incorporate in at least 1 serving of protein in every meal
- Explore the protein sources in this guide to see which work best for your body
- Focus on lean protein sources as often as possible
- Consume whole foods first, before incorporating protein powders





### Quick Reference Guide

Food	Serving Size	Protein
Greek Yogurt	8oz	23g
Cottage Cheese	½ cup	14g
Swiss Cheese	1oz	8g
Eggs	1 large egg	6g
Low Fat Milk (2%)	1 cup	8g
Protein Powder (Whey or Casein)	1 serving	Approximately 24g
Steak (Top or Bottom Round)	3oz	23g
Lean Ground Beef (90%)	3oz	18g
Pork Chops (Boneless)	3oz	26g
Chicken Breast (Boneless & Skinless)	3oz	24g
Turkey Breast	3oz	24g
Yellowfin Tuna	3oz	25g
Halibut	3oz	23g
Sockeye Salmon	3oz	23g
Tilapia	3oz	21g
Light Tuna (Canned)	3oz	22g
Canned Chicken	3oz	21g
Navy Beans	1 cup	20g
Dried Lentils	¼ cup	13g
Peanut Butter	2 tbsp	8g
Mixed Nuts	2oz	6g
Tofu	3oz	12g
Edamame	½ cup	8g
Green Peas	1 cup	7g
Wheat Germ	1oz	6g
Quinoa	1 cup	8g





## **Vegan & Vegetarian Proteins**

### **What Are Vegan & Vegetarian Proteins?**

- **Vegan**: 100% non-animal sources. This includes products from animals such as milk and eggs.
- **Vegetarian**: Animal muscle, fat, and flesh are not consumed. Often dairy and/ or eggs are still consumed as animals providing such products remain alive after producing these.

### **Why Should I Eat Vegan & Vegetarian Proteins?**

Protein is a critical nutrient in order for your body to build and repair tissue. While protein contains the building blocks for your whole body, the source and quantity will differ for every person. For some individuals, environmental and ethical factors are other compelling motives to eat only plant proteins. For others, it may be the way their body feels when fueled by plant alone. This choice is going to be individual to each person and may develop over time. Your only goal is to listen to your body!

### **How Do I Incorporate Vegan & Vegetarian Proteins?**

- Incorporating just 1-2 servings of plant-based proteins from this guide at each meal
- Add seeds on top of salads or in your nut butters
- Blend or mash your cooked beans to make them into a dip for your veggies
- Start your day with a plant-based protein smoothie, add nuts & seeds too
- Explore a vegan or vegetarian-friendly restaurant for dish ideas
- Incorporate protein into each meal and snack
- Add tofu, tempeh, and seitan as substitutions to traditional “meat” recipes
- Give hummus a try!
- If you’re not vegan, using eggs and dairy products provide big protein boosts

Remember, this is a personal choice. The goal is to explore the options for fueling your body that fit your needs best. Incorporate what works and acknowledge what doesn't!





### Quick Reference Guide

Food	Serving Size	Protein
Vegetables	1 pound	Approximately 10g
Plant Protein Powder	1 serving	15-20g
Quinoa, Buckwheat or Brown Rice	1 cup	5g
Hemp and Chia Seed	2 tbsp	5-10g
Nut Butters	1 tbsp	5-15g
Beans	1 cup cooked	Approximately 10-15g

#### Nuts, Seeds & Butters

- Almonds
- Beechnuts
- Brazil nuts
- Butternuts
- Cashews
- Chestnuts
- Chia seeds
- Filberts/ Hazelnuts
- Flaxseeds
- Hemp seeds
- Hickory nuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Safflower seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

#### Legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Carob
- Fava beans
- Garbanzo beans
- Great northern beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Natto
- Navy beans
- Peas
- Snap beans
- Soybeans
- Tempeh
- Tofu
- Seitan
- White bean

#### Plant Protein Powder

*(Usually combinations of rice, pea, hemp, or soy)*

- Vega Protein Smoothie
- Sunwarrior Blend
- Orgain Vegan Protein
- Vegalite
- RAW Protein

#### Vegetarian (but not Vegan)

- Egg protein powder
- Whey protein powder
- Cottage cheese
- Yogurt
- Semi-hard cheeses like cheddar, Colby, Havarti, Feta, Asiago, Gouda, Monterrey Jack, mozzarella, provolone
- Soft cheeses like brie & breakfast cheeses
- Chicken, Duck & Quail eggs
- Whole, raw, and organic milk

