

Hitting Your Protein Intake

HOW MUCH PROTEIN DO I NEED?



AVERAGE PROTEIN NEEDS:
0.8g/kg of body weight



VEGETARIAN PROTEIN NEEDS:
0.9-1.0g/kg of body weight



VEGAN PROTEIN NEEDS:
1.3-1.5g/kg of body weight



ENDURANCE PROTEIN NEEDS:
1.3-1.6g/kg of body weight

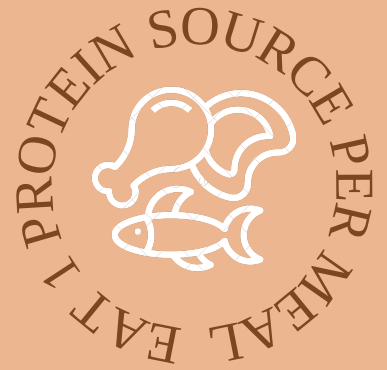


BODY BUILDING PROTEIN NEEDS:
0.9-1.1g/kg of body weight

SAMPLE CALCULATION:

If a person weighs 150lbs (68kg) and wants to match the average omnivore protein needs, they would need $68\text{kg}/0.8\text{g} = 85\text{g}$ of protein per day or 28.3g per each of the 3 main meals they eat per day.

Eating protein with other carbohydrates helps to curb glucose and insulin spikes!



PROTEIN DIGESTIBILITY



EGGS → 97%



MEAT → 95%



DAIRY → 95%



TOFU → 90%



PEAS → 70%

The need for plant-based protein is higher due to altered absorption rates

PLANT PROTEINS

- Pumpkin Seeds (1/4 cup) = 17g
- Hemp Seeds (1/4 cup) = 13g
- Beans (3/4 cup) = 12g
- Lentils (3/4 cup) = 12g
- Peas (3/4 cup) = 12g
- Firm Tofu (3/4 cup) = 12g
- Peanuts (1/4 cup) = 9g
- Natural Peanut Butter (2Tbsp) = 8g
- Almonds (1/4 cup) = 8g
- Natural Almond Butter (2Tbsp) = 7g
- Sunflower seeds (1/4 cup) = 7g
- Natural Sunflower Seed Butter (2Tbsp) = 6g
- Walnuts (1/4 cup) = 5g
- Cashews (1/4 cup) = 5g
- Natural Cashew Butter (2Tbsp) = 4g
- Quinoa (1/2 cup) = 4g
- Bread (1 slice) = 4g
- Rice (1/2 cup cooked) = 3g
- Most vegetables (1/2 cup) = 1g
- Most fruit (1/2 cup) = 1g

ANIMAL PROTEINS

- Fish (1/2 cup) = 21g
- Poultry (1/2 cup) = 21g
- Red Meat (1/2 cup) = 21g
- Greek Yogurt (3/4 cup) = 14g
- Cottage Cheese (1/2 cup) = 13g
- Cheese (50g) = 12g
- Eggs (2 large) = 12g
- Cow's Milk (1 cup) = 9g

Consider incorporating protein powder into smoothies, yogurt or baked goods to increase protein quantity and fill in protein gaps as needed!



Eat a protein source at the start of every meal and the start of every day to make sure you reach your protein intake each day!



This handout provides a brief overview on ways to improve your protein intake through diet but does not replace medical advice. Always consult a registered healthcare practitioner for more detailed information on protein and nutrition support.