

PROTEIN FOODS

How much protein should you eat?

The Recommended Dietary Allowance for protein is the minimum amount for one day. For women, the amount is 46 grams and for men it is 56 grams.

Those who are healing from an illness or injury, those who are very active, and the elderly can all benefit from increased amounts of protein. Research shows that for people over the age of 50, eating higher amounts of protein can significantly reduce age-related muscle loss.

Need a snack with protein? Try these:

- Have hummus with raw vegetables
- Add a hard-boiled egg to a small salad
- Spread your favorite nut, seed or soy butter on apple slices
- Have sunflower or pumpkin seeds

Protein providers

3 ounces chicken breast (size of a deck of cards)	26 grams
3 ounces of tuna (about half a can)	20 grams
1/4 pound hamburger patty	22 grams
2 tablespoon peanut butter	8 grams
1 large egg	6 grams

Dairy foods also provide protein

1 cup milk	8 grams
1 cup Greek yogurt	24 grams
1 cup cottage cheese	25 grams
1 oz. cheese	7 grams

Quick bean dip

Ingredients

- 15-ounce can refried beans
- 1/2 cup salsa
- 1/4 teaspoon garlic powder (optional)
- 1/4 cup shredded cheese (optional)
- Vegetable sticks or baked tortillas

Directions

1. Mix refried beans and salsa in a bowl.
2. If desired, add garlic powder and/or cheese.
3. Serve with vegetable sticks or baked tortillas.

Why is protein important?

- Every cell in your body contains protein
- Protein helps build and repair body cells
- Provides energy
- Protein helps build and repair muscles as well as helping your muscles contract
- Protein plays a role in assuring your heart beats properly



Do you have a child that doesn't eat meat?

For some young children, meat is not a favorite food. It may be because it is too hard to chew or they just don't like the texture. Offer a variety of textures of protein foods to your picky eater. Try eggs, beans, refried beans, small pieces of meat in a soup or casserole or soy, seed or nut butter.