

Assessing Your Daily Protein Intake



- Write your weight in pounds in the white box.
- 0.4 grams of protein for every pound of body weight is needed to meet basic protein requirements. (Note: If you regularly engage in endurance exercise or strength training, you may benefit from up to twice this amount.) Use Table 1 to find out how much protein is recommended and record it in the recommended protein white box.
- Review amount of protein you are consuming from food in a typical day by using Table 3: Protein in Common Foods on the following page. Record the protein sources and their grams of protein into Table 2: Protein Intake from Food Sources. Add up all grams and record your Total Daily Protein.
- Compare your current daily protein intake total in Table 2 to your Recommended Protein Intake that you calculated in Table 1 to see if you are reaching your goal.

Note: If you fall short, you can:

• Estimate the amount of additional protein, such as whey protein, to include in your diet to help you meet protein recommendations and enhance your exercise results.

How Much Protein?

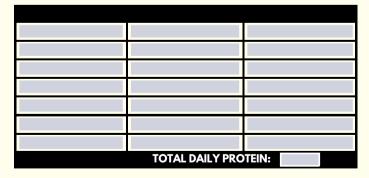


My Weight (lbs). __

Table 1: Recommended ProteinPer Body Weight

	Multiply your body weight (in pounds) By:	
A recreational exerciser	0.5-0.7 g/lb	
An endurance athlete	0.5-0.8 g/lb	
A strength training athlete	0.5-0.8 g/lb	
An athlete restricting calorie	s 0.8-0.9 g/lb	
Recommended Protein Intake: a		

<u>Table 2: Protein (g) Intake</u> <u>from Food Sources</u>



Content courtesy of National Dairy Council.



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Table 3: Protein in Common Foods



	Protein (grams)
Milk and yogurt (1 cup) Choose low-fat or fat-free varieties.	8-10 (1-1.5 g whey protein)
Cheese (1 oz) Choose reduced-fat or low-fat cheese.	6-8
Lean beef (3 oz) Choose cuts with round or loin in the name, such as sirloin, round tip, tenderloin, and top round.	22-27
Lean pork (3 oz) Choose cuts with loin in the name, such as tenderloin, top loin, and Canadian bacon	24-26
Lean poultry (3 oz) Choose breast meat and remove the skin before	25-26
eating. Seafood (3 oz) Most types of fish and shellfish are naturally lean.	18-22
Eggs (1 large)	6
Legumes, such as kidney and pinto beans (½ cup)	7-8
Nuts (1 oz)	6-8
Peanut butter (2 tbsp)	8
Tofu (3 oz)	6

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