

Protein

Brought to you by Food and Health Communications

Meet Protein

Protein is one of three macronutrients. It provides 4 calories per gram and helps your tissues grow, bolsters immune function, and aids hormone/enzyme creation.

Did you know? Most Americans get waaaaay more protein than they need.

Where is Protein?

Animal Sources

| | | |
|---------|---------|------|
| Eggs | Cheese | Meat |
| Poultry | Seafood | |

Plant Sources

| | | |
|-------|-------|---------|
| Beans | Peas | Lentils |
| Nuts | Seeds | |

How Much Protein Do I Need?

Children age 1-3: 13 grams per day

Children age 4-8: 19 grams per day

Children age 9-13: 34 grams per day

Adults: 46-56 grams per day

Amino Acids and the Protein Equation

When you eat protein, your body breaks it down into amino acids.

There are two types of amino acids...

- Essential amino acids (our bodies can't make them)
 - Complete proteins contain all 9 essential amino acids.
 - Eggs, meat, poultry, etc
 - Incomplete proteins do not contain all the essential amino acids.
 - Beans, nuts, seeds, etc
 - Combine incomplete proteins in order to create complete proteins.
- Nonessential amino acids (our bodies can make them)

Choose protein foods that are good for your health. Avoid foods rich in fat, saturated fat, cholesterol, trans fat, or salt.