

Main Protein Sources

If you are trying to get fit or lose weight then increasing your protein can be helpful. Protein can make you feel fuller for longer periods of time and it can also build and maintain muscle to keep your metabolism healthy.

Protein Sources

Each serving gives you approximately 15-20g of protein

Make sure you eat a minimum of 3 servings per day but depending on your weight and level of exercise you may need to eat 4 or 5 servings. Make sure to use the calculation given to you in the guide.

ANIMAL PROTEIN

Choose organic, free range, grass fed, pastured eggs, meat and poultry, and wild-caught fish and shellfish

Proteins should be grilled, baked or roasted. Fish can also be poached

- 3-4 oz beef (very lean), buffalo, bison, venison, elk
- 3-4 oz of leg of lamb (lean roast)
- 3 to 4 oz chicken breast
- 3 - 4 oz turkey
- 3 - 4 oz fish, shellfish
- 3/4 cup fish canned in water
- Eggs - 2 whole eggs or 3 egg whites + 1 whole egg
- 2/3 cup egg substitute

VEGAN PROTEIN

- 4 oz soy burger
- 3 oz or 1/2 cup tempeh
- Tofu - 5 to 6 oz or 1 cup of fresh or 2 to 3 oz cube (baked)
- Protein powder - min 15g per serving
- Pea protein, hempseed protein, chia seed protein and pumpkin protein are great tasting!
- 1/2-3/4 cup of beans, legumes, lentils

But how much protein do you need?

The best way to calculate your protein requirement is according to your body composition but if you haven't checked that lately then you can use this calculation:

For Adult Non-Vegans

0.8 g / kg of body weight =
g of protein daily

For Adult Vegans

0.9 g / kg of body weight =
g of protein daily

For Adult Athletes-Vegan and Non-Vegan

1.2 to 2 g / kg of body weight =
g of protein daily

Some people may struggle to meet their daily needs. The more common groups of people who may be lacking protein are:

- Adults over the age of 65 yrs old
- Vegans and vegetarians
- People on calorie restricted diets

Note:

*Pregnant and nursing women should consult their doctor for their protein requirements

*Kids and teens should consult their pediatrician for their protein requirements

*Adults with chronic disease, especially kidney and liver disease should consult their doctor for their protein requirements

*Tip: To calculate how many kg you weigh, divide your weight in pounds (lb) by 2.205

DAIRY

Choose low fat or fat free, organic dairy products

- 3/4 cup low fat cottage cheese
- Mozzarella (part skim or nonfat) - 2 oz or 1/2 cup shredded
- 6 tbsps grated parmesan cheese (grated)
- 1/2 cup ricotta (part skin or nonfat)
- 6 oz of non fat, plain greek yogurt

1 serving: approx. 150 calories