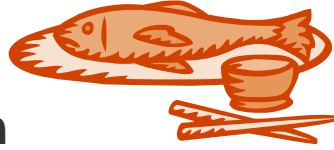


Protein



What is protein for?

Protein is body food. It is used to build new tissue, which is why there is an increased need for protein during periods of growth such as in infancy, childhood, adolescence and pregnancy. Here are some of the things protein does:

- Provides the structure for muscles, hair and blood
- Repairs worn-out body tissue proteins resulting from general “wear and tear” to the body
- Helps transport important nutrients such as iron and cholesterol
- Enhances your immune system
- Builds cardiac (heart) muscle
- Contributes to numerous essential body secretions such as hormones and enzymes. The only protein-free body fluids are urine and bile.
- Contributes to satiety. Eating protein with meals slows down digestion and helps you stay satisfied longer

Protein and Weight Loss

Research conducted by the University of Illinois at Urbana-Champaign, found that exercise is much more effective when it’s coupled with a protein-rich diet. A study published in the Journal of Nutrition found that those following a protein-rich diet plus exercise plan lost more total weight, lost more fat and maintained muscle mass.

Go lean with protein:

Start with a lean choice:

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least “90% lean”. You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.

Keep it lean:

- Trim away all of the visible fat from meats and poultry before cooking.
 - Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
 - Drain off any fat that appears during cooking.
 - Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
 - Prepare dry beans and peas without added fats.
 - Choose and prepare foods without high fat sauces or gravies.



Vary your protein choices:

Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, sardines and herring. Some ideas are:

- Salmon steak or filet
- Salmon loaf
- Grilled or baked trout

Choose dry beans or peas as a main dish or part of a meal often. Some choices are:

- Chili with kidney or pinto beans
- Stir-fried tofu
- Split pea, lentil, minestrone, or white bean soups
- Baked beans
- Black bean enchiladas
- Garbanzo or kidney beans on a chef's salad
- Rice and beans
- Veggie burgers or garden burgers
- Hummus (chickpeas) spread on pita bread

Choose nuts as a snack, on salads, or in main dishes.

- Use nuts to replace meat or poultry, not in addition to these items: Use pine nuts in pesto sauce for pasta.
- Add slivered almonds to steamed vegetables or salads
- Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
- Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.

Choose your proteins wisely!

A recent study suggested that eating too much protein from high-fat red meat and dairy products increases the risk of dying from coronary heart disease. Participants in the study who ate the highest amount of vegetable protein sources such as beans, nuts, tofu, and peanut butter were found to be 30 percent less likely to die from heart disease. Fish and chicken were not linked to heart risks in the study. Try protein powders to

boost protein intake: whey, soy, rice, pea and hemp all make good protein powder supplements.

Even if animal protein and vegetable protein have the same effects on your health, it's probably what comes *with* the protein that makes it a more or less healthy choice.



The Harvard School of Public Health gives the following example:

“A 6-ounce broiled Porterhouse steak is a great source of complete protein - 38 grams worth. But it also delivers 44 grams of fat, 16 of them saturated. That's almost three-fourths of the recommended daily intake for saturated fat. The same amount of salmon gives you 34 grams of protein and 18 grams of fat, 4 of them saturated. A cup of cooked lentils has 18 grams of protein, but under 1 gram of fat.”

Use the following table to help you make wise protein choices:

Examples of Common Foods Containing Protein	Protein (g)	Calories	Fat (g)	Carbs (g)
Animal protein foods:				
Steak, lean, average all cuts, cooked, 3 oz	23g	230	14g	0
Chicken, leg/thigh, lean, roasted without skin, 3 oz	24g	180	8g	0
Salmon, 3 oz	22g	127	4g	0
Deli turkey, 3 oz	15g	90	1.5g	4g
Deli lean roast beef	15g	105	3g	1.5g
Milk, whole, 1 cup, 8 fl. oz	8g	156	8g	13g
Milk, skim, 1 cup, 8 fl. oz	8g	90	0.5g	12g
Yogurt, regular, 6 oz	8g	135	5g	8g
Yogurt, low fat, 6 oz	8g	107	3g	7g
Cheddar cheese, 4 oz	28g	458	38g	1.5g
Ricotta cheese, low-fat, 1 cup	28g	339	20g	12.6g
Cottage cheese, 1% fat 1/2 cup	13g	80	1.5g	4g
Egg, 1 large	6g	78	5g	0.6g
Egg substitue (1/2 cup)	12g	60	0g	2g

Examples of Common Foods Containing Protein	Protein (g)	Calories	Fat (g)	Carbs (g)
Plant protein foods:				
Soy beans, cooked, ½ cup, 3 oz	14g	121	5g	9g
Edamame (1/2 cup)	11g	127	6g	10g
Soy Nuts (1/4 cup)	6g	130	6g	14g
Soy milk (fortified), average, 1 cup	7g	79	5g	4g
Soy Burger, average all brands	15g	130	3g	9g
Tofu, raw, firm, ½ cup	10g	183	11g	5g
Soy yogurt, 1 cup	6g	150	4g	22g
Tempeh, ½ cup, 4 oz	16g	210	9g	8g
Seitan, 4 oz	24g	120	1g	4g
Morningstar Farms Meatless crumbles, cooked, 4 oz	16g	100	4g	8g
Wheat germ, 1 Tbsp	4g	25	1g	3.5g
Oatmeal, regular, non-fortified, 1 cup	6g	145	2g	26g
Cheerios, regular, 1 cup, 1 oz	3g	110	2g	22g
Cereal, Kashi Go-Lean (1cup)	13g	140	1g	30g
Bread, average, 2 slices, 2 oz	4g	150	3g	30g
Peanuts, dry roasted, 28 nuts, 1 oz	6g	166	14g	6g
Peanut butter (2 Tbsp)	8g	188	16g	6g
Lentils, cooked, ½ cup, 3½ oz	9g	115	0.4g	20g
Green peas (1/2 cup cooked)	4g	67	0.2g	13g
Split peas, cooked, 1 cup	16g	170	0.8g	41g
Navy beans, cooked, 1 cup	16g	220	1g	47g
Kidney, Lima, Black and Pinto beans, cooked, 1 cup	15g	200-240	1g	40-45g
Great Northern beans (White beans), cooked, 1 cup	15g	200	0.5g	44g
Chickpeas (Garbanzo beans), cooked, 1 cup	15g	240	4g	45g
Black-eyed peas, cooked, 1 cup	12g	220	1g	40g
Quinoa, cooked, 1 cup	11g	160	2.5g	28g
Potato, cooked, 1 medium, with skin, 5 oz	3g	124	0	28g
Rice, white, 1 cup, cooked, 5.5 oz	5g	205	0	44g
Rice, brown, 1 cup, cooked, 7 oz	5g	216	2g	44g
Pasta, cooked, enriched, 1 cup, 4½ oz	7g	192	1g	40g
Vegetables, average, 1 cup	4g	varies	varies	varies
Fruit, average, 1 med/2 small	1g	varies	varies	varies