FOOTHILLS NATUROPATHIC

Nutrition Tips: Protein

High Protein Foods

Did you know that eating adequate amounts of healthy protein may help increase energy, control hunger, increase metabolism, stabilize blood sugar, and even improve sleep? Protein is found in skin, hair, muscle, bone and almost every tissue in the body. It forms the key enzymes that help power our body, carries hormones in the blood, and helps maintain healthy blood sugar levels.

How much protein? Generally, 1-1.2 grams of protein per kg of body weight* meets our daily needs and can help prevent muscle loss with age. This breaks down to:

Weight in Pounds	Grams of Protein per day
100	45-54
120	54-65
140	63-76
160	73-87
180	82-98
200	90-108
220+	100-120

*Check with your doctor before making any substantial dietary changes, especially if you have kidney disease.

It's not just the amount of protein that matters, the quality of protein makes a difference. Focusing on plant based proteins first tends to increase health outcomes.

Firm Tofu	1/2 block (1 cup)	20g
Tempeh	1/2 cup	15g
Beans	1 cup cooked	15-17g
Lentils	1 cup cooked	18

Quinoa	1 cup cooked	8g
Oatmeal	1 cup cooked	5g
Brown Rice	1 cup cooked	5g
Wild Rice	1 cup cooked	6.5g

Peanuts	1/4 cup	9.5g
Almonds	1/4 cup	7g
Pumpkin Seeds	1/4 cup	8.75g
Sunflower seeds	1/4 cup	6.75g

Egg	1 whole	6g
Cottage Cheese	1/2 cup	13g
Greek yogurt	1 cup	13g
Plain Yogurt	1 cup	8g

Poultry	3 ounces	23g
Wild Fish	3 ounces	20
Red meat	3 ounces	21g

Whey Protein	1 scoop	20g
Rice protein	1 scoop	20g
Hemp protein	1 scoop	15g

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