



- **What is protein?**

Protein is an important part of life and nutrition; it is the substance that composes a large portion of your body's structure. Proteins are made up of amino acids arranged in different combinations. Next to water, protein is the most abundant substance in the human body. It is part of all body cells and is a vital building block in the growth, maintenance and repair of the body tissue.

- **Why do I need protein in my diet?**

Of the 20 amino acids that make up the proteins of the body, 9 are known as essential amino acids. These cannot be made by the body fast enough to meet its needs for growth and maintenance, so they must be obtained through your diet. Therefore, it is important for you to know how much protein you need.

- **How much protein do I need?**

The amount of activity you exert in a day determines how much protein you need in your daily diet. Below is an equation to help calculate how much protein you should have in your diet.

1. Determine your protein activity factor:

Recreation/Sedentary	= 0.4 grams/lb. of body weight
Light Daily Muscle Use	= 0.5 grams/lb. of body weight
Runners/Heavy Body Sports	= 0.6 - 0.9 grams/lb. of body weight

2. Calculate grams of protein needed each day:

(Body weight) x (Protein activity factor) = _____ Ex. 150 lbs. x 0.5 grams/lb. = 75 grams

- **Should I use protein supplements?**

It is quicker and easier to take a protein supplement than to buy and prepare food sources high in protein. However, protein supplements do not stimulate your body's processes as much as whole foods, and they are not cost effective. For example, a glass of milk contains nearly three times the amount of amino acids of three supplement tablets and costs half the price.

- **What are some major sources of protein?**

On the back of this flyer is a chart that shows the sources of protein. For more information on protein for a healthier diet, contact:

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Calories Serving Size Protein (grams)

Meats/Poultry/Fish^a /Nuts

Chicken/turkey breast (skinless)	140	3 ounces	26
chicken (with skin), fried	218	3 ounces	30
cod	89	3 ounces	19
salmon	118	3 ounces	17
canned tuna (in water)	150	6 1/2 oz can	30
steak	225	3 ounces	21
pork loin	225	3 ounces	22
hamburger patty	220	3 ounces	22
battered fish	210	3 ounces	20
sausage	150	3 ounces	21
bacon	100	3 slices	7
hot dog	180	1 dog	5
Bologna	73	1 slice	3
Deli chicken/turkey slice	28	1 oz slice	6
Nuts – average of various	170	1 oz ~ 1/4 cup	7

Dairy/Eggs

skim milk	90	8 ounces	8
2% milk	120	8 ounces	8
egg	75	1 egg	6
hard cheese (cheddar, Colby)	114	1 ounce	7
semi-soft cheese (string, mozzarella)	80	1 ounce	7
cream cheese - regular	50	1 Tbsp	1
cottage cheese – 1% fat	82	1/2 cup	14
flavored yogurt	250	8 ounces	8
low fat frozen yogurt	115	1/2 cup	3
ice cream	133	1/2 cup	2

Starches, Grains//Vegetables

peanut butter	180	2 Tbsp	8
kidney beans	94	1/2 cup	6
baked beans	170	1/2 cup	5
refried beans	238	1/2 cup	7
Soy nuts	130	1/4 cup	11
minestrone soup/ lentil soup	120/135	1 cup	5/10
hummus	105	3 Tbsp	3
brown rice	220	1 cup	5
white rice	240	1 cup	5
fried rice	270	1 cup	5
baked potato	156	1 medium-3 1/2 in.	3
bagel	270	1 large	8
bread	80	1 slice	3
pasta	80	1/2 cup	3
bean burrito	370	1 burrito	13
veggie burger	70	1 burger	8
Snac bar / Luna bar	180/180	1 bar	12/10
Tofu raw, regular / firm	94/182	1/2 cup	10/20
Soy products -Read label for values	varies	varies	varies

^a 3 oz. of meat, Poultry, fish is about the size of a deck of cards and contains, on average, 21 grams of protein



