PROTEIN

So, your clinician tells you that you are not eating enough protein… it is recommended that the average healthy person eat approximately .6 grams of protein per kilogram of body weight. To figure out the right amount for you, use the following equation:

Your weight in pounds ÷ 2.2 = your weight in kilograms.

Your weight in kilograms x .6 = your recommended protein per day.

Here is a list of protein sources followed by a discussion comparing their relative merits.

Protein sources:	Protein (in grams)	Fat (in grams)
Almond 1 cup	24	70
Bagel	6	2
Barley, 1 cup (cooked)	16	2
Beans: pinto, etc, 1 cup (cooked)	15	1
Beef, lean, 5 x 5 x ¾"	22	5
Beef, fat, 5 x5 x ¾"	22	16
Black-eyed peas, 1 cup (cooked)	13	1
Bran flakes cereal	4	1
Bread, white, 1 slice	2	1
Bread, whole wheat, 1 slice	3	1
Cheese, 1oz.	7	9
Chicken breasts, fried	26	5
Chicken pot pie, homemade	23	31
Clams, 3 oz.	65	11
Cottage cheese, 1 cup, 1% fat	31	4
Crabmeat, 1 cup	23	24
Egg, 1 large	6	6
Fish white, 3 oz.	17	5

Ham, 3 oz.	18	19
Hamburger, lean, 5" patty	30	13
Hamburger, fat, 5" patty	30	22
Lentils, 1 cup (cooked)	16	trace
Liver, beef, 3 oz.	22	9
Milk, 1 cup 2%	8	8
Milk, 1 cup skim	8	trace
Oatmeal, 1 cup (cooked)	5	2
Peanuts, I cup, roasted in oil	37	72
Peanut butter, 1 Tbsp.	4	8
Pork chop, 1 medium	19	25
Pumpkin seeds, 1 cup	35	65
Rice, white, 1 cup	4	trace
Salmon, 3 oz.	20	10
Shredded wheat cereal, 1 cup	2	1
Split peas, 1 cup (cooked)	16	1
Steak, with fat, 6 oz.	40	54
Steak, fat trimmed, 6 oz.	40	8
Sunflower seeds, 1 cup	35	69
Tofu, 4 oz.	9	6
Tofu burger, 1 patty	6	6
Tuna, in water, 3 oz.	24	3
Turkey, dark meat, 2-1/2 x 1-1/2 x ¼"	26	7
Turkey, white meat, 4 x 2 x ¼"	28	3
Veal cutlet, 3 oz.	23	9
Yogurt, 8 oz., low fat	10	3

** Please note that the fat content is also given. If you are interested in restricting the quantity of fat in your diet you will want to choose the learner protein sources.

Plant proteins, other than soy and quinoa, contain incomplete proteins. That is, they do not contain all of the essential amino acids. Therefore, for complete proteins they will need to be combined with other protein sources that supply the amino acids which are deficient. For example, grains combine well with beans and dairy, and seeds combine well with beans. [Food combining chart to follow]

Animal sources supply complete proteins by themselves, however, they also supply no fiber, and in the case of dairy and beef, are likely food allergens. An exception is fish, which provides a good source of beneficial fatty acids. In general, however, it is best for most people to limit animal proteins and incorporate plant sources into their diet for overall health.