



Protein Sources

Goal: **20g – 30g *per meal***. Include a small source at snacks for satiety *if needed*.

Type	Healthy Sources	Sizes & Protein Amounts
Animal Protein	Lean cuts of red meat, pork, veal, lamb; poultry without skin	3 oz portion (deck of cards sized) = 21g protein approx. 1 egg = 6g protein (70kcal) ½ cup (4) egg whites = 13g protein (60 kcal)
Marine Protein	Any fish or seafood—baked, broiled, grilled, poached	3 oz portion (deck of cards sized) = 20g protein ½ can tuna = 12g protein (65kcal)
Plant Protein	Legumes such as beans, lentils, chickpeas, etc. soy products, nuts. Note: pasta, bread, quinoa, amaranth also contain protein, but not as a main source. Check nutrition label for amounts.	¾ c legumes (beans) = 10g-15g protein; 1 c Lentils = 18g pro ¼ c nuts = 3-8g protein (check label) ¼ c Pumpkin seeds = 10g 1 tbsp hempseeds = 4g protein 2 tbsp peanut butter = 8g protein (200kcal) ¾ c Kashi Cereal = 9g protein
Milk & Alternatives	Skim or 1% M.F. milk; low fat yogurt; lower fat cheese; soy beverages, Greek yogurt, cottage cheese	1 c milk = 8g protein, 1 c soy milk = 7g protein ½ c plain Greek yogurt or cottage cheese = 12g protein (check label) 1 oz cheese = 7g (¼ c shredded or 2 dice) 1 scoop whey protein powder = 20 - 35g protein (check label)
Fruits & Veggies	Fresh, frozen or canned fruits and veggies	½ c peas = 4g protein, ½ c broccoli = 3g protein ½ c most other F/V = 2g 1 scoop plant based protein powder = 12 - 28g protein



Meeting Protein Needs

Meal	What's wrong with this meal pattern?	Better choices to feel fuller and boost energy
Breakfast	Bagel, butter, coffee	Whole wheat English muffin, 1 tbsp peanut butter + 1 hard boiled egg + 1 cup milk = 22g protein
Snack	Muffin, coffee	May not need one (or 1 piece fruit or ¼ cup nuts)
Lunch	Green salad, dressing, crackers.	Green salad with 3oz chicken/tuna/salmon or ¾ cup beans/lentils, dressing, portion of whole grain crackers (check label for portion), 1 cup milk = 25-30g protein
Snack	Granola bar	Greek yogurt 100g + 1 tbsp chia seeds = 10g protein
Dinner	Potato, meat, vegetable	Potato, 3-5 oz lean meat or alternative, 1-2 cups vegetables (plate model) = 30g protein
Snack	Cookie, tea	May not need one

NOTE: Speak with your health care provider or physician before adding protein if you have chronic kidney concerns.