



# Protein Sources

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

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



# 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 HB egg + 1 cup milk = 22g protein
Snack	Muffin, coffee	May not need one (or 1pc fruit or 1/4c nuts)
Lunch	Green salad, dressing, crackers.	Green salad with 3oz chicken/tuna/salmon or ¾ cup beans/lentils, dressing, portion of whole grain crackers (see pkg 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.**