

Packed With Protein

Are you stuck in a protein rut? It's time to think beyond chicken breast. People eating vegan or vegetarian diets get more than enough protein, and omnivores can also benefit from adding more plant foods to their diets, since they're high in fiber and nutrients. Some of these high-protein foods are more surprising than you think (we know you're already eating eggs). And don't worry, there's no chalky protein powder in sight.

Protein is a macronutrient that forms the building blocks of the human body. It is necessary for the growth and repair of all tissues, along with many other functions including forming hormones and enzymes. A deficiency in protein leads to muscle atrophy and impaired functioning of the body in general. (1)

How much protein do you need?



The reference dietary intake (RDI) of protein is between 46-63 grams for most adults, with pregnant and lactating women needing up to 65 grams per day. (2) The daily value (DV) for protein is set at 50 grams per day (3), which is an average that works for most people. Athletes or other people looking to build muscle mass may want to consume more protein.

High protein foods include lean chicken, lean pork, fish, lean beef, tofu, beans, lentils, low-fat yogurt, milk, cheese, seeds, nuts, and eggs.

Vegetarian protein foods include tofu, beans, lentils, yogurt, milk, cheese, green peas, nuts, seeds, whole grains, peanut butter, eggs, and white button mushrooms.

Protein-Rich Foods with no meat or nuts!



 Hummus 2 Tbsp. = 2g	 Broccoli 3/4 cup = 2g	 Popcorn 2 cups = 2g	 Avocado 1/2 = 2g
 Whole Grain Crackers 15 = 3g	 Tortilla 8-inch = 3g	 Yogurt 1/2 cup = 5g	 Roasted Chickpeas 1/4 cup = 5g
 String Cheese 1 = 6g	 Cheddar Cheese 1 oz. = 6g	 Whole Grain Bread 1 slice = 6g	 Hard-Boiled Egg 1 large = 6g
 Vegetable Roll 5 pieces = 6g	 Sunflower Seed Butter 2 Tbsp = 7g	 Milk, dairy or soy 1 cup = 8g	 Edamame, in pods 1 cup = 9g
 Vegetarian Burger or "Chicken" Patty 9 g	 Tofu 3 oz. = 9g	 Cheese Tortellini 3/4 cup = 10g	 Slice of cheese pizza from 14" pizza 12g

DID YOU KNOW YOUR EAP, ULLIANCE, OFFERS LEGAL & FINANCIAL ADVICE?

*Life can be hard. Talking is easy.
Contact us; we're here to help! -*

800.448.8326

Ulliance