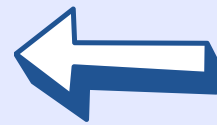
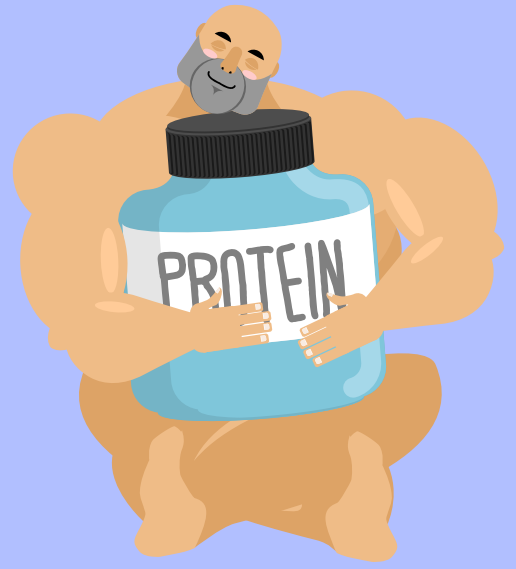


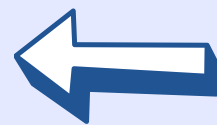
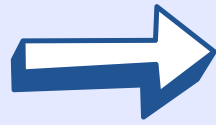
P R O T E I N

What comes to mind when you hear the word **protein**?



Do you think of this?

Or this?



How about this?

Protein is commonly associated with animal flesh & byproducts.





But you can get protein
from plant foods too



A lot of it!



1 block tofu
35 g protein



1 cooked cup beans
15 g protein

It's in all
types of
beans.

All types
of nuts
& seeds.



4 tbsp cashews
12 g protein



1 cooked cup lentils
18 g protein

All types
of grains
& legumes.

And all types
of fruits &
veggies too!



1 cup broccoli
6 g protein



Proteins are the building blocks of life.

Protein is found throughout your whole **body**, including your bones, muscles, skin, cartilage, nails, & hair.



It helps your cells **grow** (which is especially important for children).



It helps repair your cells after an **injury**.



And helps your cells rejuvenate after a strenuous **workout**.



Exercising causes microscopic damage to your cells.



Protein **repairs** the cells to be even **stronger** than they were before.



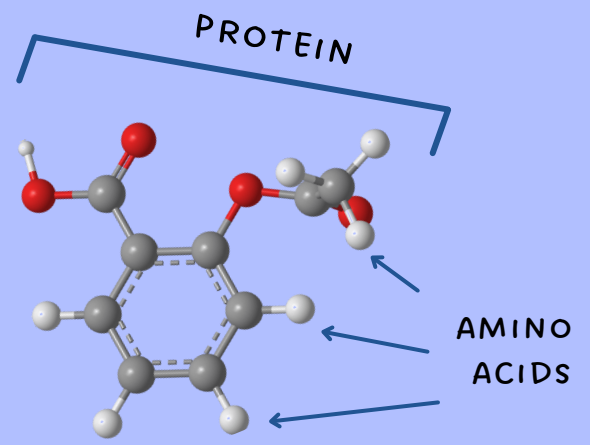
This is how you build strength & muscle.



Protein is used as a backup **energy** source if your body is depleted of carbohydrates.



Proteins are nutrients made up of smaller molecules called **amino acids**.



There are 9 **essential** amino acids. You get them by eating foods with protein.

Some foods have **all 9** essential amino acids, such as edamame.



Many foods have **some** of the 9 essential amino acids, such as almonds.



You can eat a **variety** of foods to meet your amino acid needs.



You do **NOT** need to eat all 9 amino acids in every meal. You can **mix-and-match** foods throughout the day or week.

Help! I have 8 of the 9 essential amino acids.

I have the one you are missing!

Let's be part of a balanced, healthy diet together :)





The **dieting industry** puts a lot of emphasis on "making sure we get enough protein."

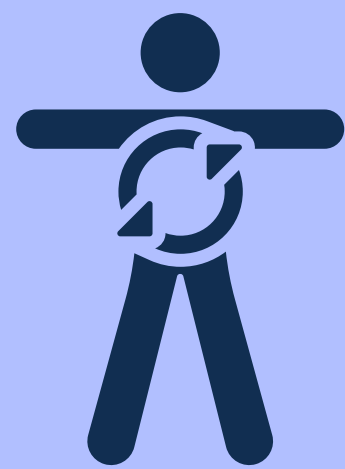
But most Americans eat **too much protein.**



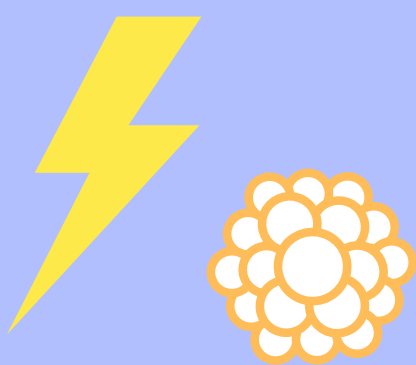
Consuming excess protein **does not** stimulate muscle growth.



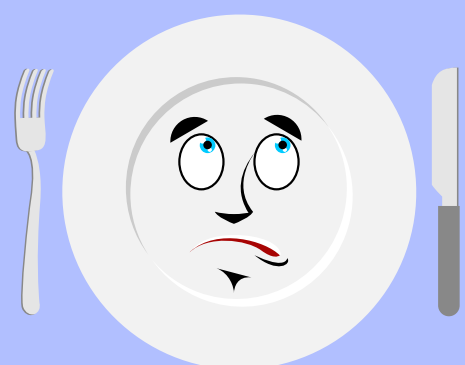
Your body **cannot store** the protein it doesn't use.



Excess protein is converted to **energy** or stored as **fat.**



Protein deficiencies are very **rare.** They are usually due to malnutrition or starvation.



In general, if you are consuming enough **calories**, you are consuming enough protein.



HEALTH TIP:



GET YOUR PROTEIN FROM PLANT SOURCES TO DECREASE YOUR RISK OF HEART DISEASE, DIABETES, & OBESITY.

PLANT PROTEIN	ANIMAL PROTEIN
HIGH IN FIBER	LOW IN FIBER
HIGH IN VITAMINS	LOW IN VITAMINS
HIGH IN ANTIOXIDANTS	LOW IN ANTIOXIDANTS
LOW IN CALORIES	HIGH IN CALORIES
LOW IN CHOLESTEROL	HIGH IN CHOLESTEROL
LOW IN SATURATED FAT	HIGH IN SATURATED FAT

RECOMMENDED DAILY INTAKE:

46-56 GRAMS



1/2 cup tempeh
16 g



1 block tofu
35 g



1 cup chickpeas
12 g



1/3 cup Seitan
21 g



1 cooked cup lentils
18 g



1 cooked cup black beans
15 g



1/2 cup shelled edamame
13 g



1 cooked cup quinoa
8 g



4 tbsp sunflower seeds
7 g



3 tbsp hemp seeds
10 g



2 tbsp chia seeds
5 g



2 tbsp flax seeds
5 g



4 tbsp almonds
6 g



4 tbsp cashews
12 g



1 cooked cup peas
5 g



1 medium potato
5 g



1/2 cup rolled oats
5 g



1 cup broccoli
6 g



1 cooked cup soba noodles
5 g



1 cooked cup spinach
5 g