

PROTEIN SOURCES TO PROMOTE HEALTH

- Protein is an important nutrient that helps maintain muscle, bone and skin health¹. It also helps your body regulate many processes¹. Including enough protein in your meals will help you feel satisfied with your meal².
- Different sources of protein will provide a variety of other nutrients as well³. These nutrients help support the health of your immune, cardiovascular and digestive systems³.
- Including a variety of animal and plant protein sources is important for a balanced eating pattern³. Most plant proteins are incomplete proteins. Eating a variety of foods with protein is important to ensure your body is getting the building blocks it needs¹.

It is recommended that adults aged 55 and above eat at least 46-56 g of protein daily³. This can be done by including 15-18 g of protein with each meal. Reach out to your Registered Dietitian for specific goals for your needs.

Sources of Animal Protein:⁴

Lean Meat, Poultry and Eggs: 1 oz = 7 gm protein⁴

- 3 oz chicken breast = 21 gm protein
- 3 oz pork tenderloin = 21 gm protein
- 1 oz 93% lean beef = 21 gm protein
- 1 large chicken egg = 7 gm protein



Seafood: 1 oz = 7 gm protein⁴

- 3 oz canned tuna = 20.1 gm protein
- 2 oz anchovies = 17.3 gm protein
- 3 oz salmon = 16.8 gm protein
- 3 oz haddock = 14 gm protein



Dairy: 1 serving = 8 gm protein⁴

- 2/3 cup fat free yogurt = 8 gm protein
- 1 oz cheese = 7 gm protein
- 1 cup skim milk = 8 gm protein



Sources of Plant Protein:⁴

Nuts, Seeds and Soy:

- 3 oz firm tofu = 9 gm protein
- 2 tbsp peanut butter = 7 gm protein
- 1 oz sunflower seeds = 5 gm protein
- 1 oz walnuts = 4 gm protein



Legumes: 1 serving = 7 gm protein⁴

- 1/2 cup kidney beans = 7 gm protein
- 1/2 cup lentils = 7 gm protein
- 1/2 cup black beans = 7 gm protein
- 1/2 cup chickpeas = 7 gm protein



Whole Grains: 1 serving = 3 gm protein⁴

- 1/3 cup quinoa = 3 gm protein
- 1/2 cup oatmeal = 3 gm protein
- 1/3 cup brown rice = 3 gm protein



1. Protein: Sources, deficiency, and requirements. <https://www.medicalnewstoday.com/articles/196279>. Published November 25, 2020. Accessed May 5, 2021.

2. Paddon-Jones D, Leidy H. Dietary protein and muscle in older persons: Current Opinion in Clinical Nutrition and Metabolic Care. 2014;17(1):5-11. doi:10.1097/MCO.000000000000011

3. 2020-2025 Dietary Guidelines for Americans. USDA and HHS. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf. Published December 2020. Accessed April 2, 2021.

4. Mahan LK, Raymond JL, eds. *Krause's Food & the Nutrition Care Process*. Fourteenth edition. St. Louis, Missouri: Elsevier; 2017.

*This information is for educational purposes only. Contact your Registered Dietitian, Physician, or Medical team for specific guidance.