



## How to reach your protein requirements?

The previous handout might have already told you that proteins are very important, especially in older adults. As they tend to have problems with eating large amounts of protein, we need to establish the exact requirements, particularly in those with chronic diseases. Protein is found in a wide variety of animal and plant foods. Animal based protein foods include seafood, meat, poultry, eggs and dairy products. Plant sources of protein include beans and peas, nuts, seeds, soy products, leafy green vegetables and whole grains.

The daily recommended intake for protein differs per individual and depends on a variety of factors such as health status and physical activity. The daily recommended intake for older adults is estimated at 1.2 grams of protein per kilogram of bodyweight per day (this may differ from 1.0 -1.5 g/kg/day depending on health, chronic diseases and activity level). The table below shows examples of how to calculate your own protein requirements.

Bodyweight	Estimated protein intake
100 lbs.	± 55 grams
150 lbs.	± 82 grams
200 lbs.	± 109 grams
250 lbs.	± 136 grams

Information on the amount of protein per serving helps to compose a diet which reaches your requirements. There are a lot of different protein sources; the tables below will give some examples of these.

Animal-based foods	Grams of protein
<b>Fish</b>	20-25 g per 3.5 oz.
<b>Meat</b>	20-25 g per 3.5 oz.
<b>Poultry</b>	20-25 g per 3.5 oz.
<b>Eggs</b>	6 g per egg
<b>Milk (skim, 1%, 2%, whole)</b>	8 g per cup
<b>Regular yoghurt</b>	6-8 g per 6 oz.
<b>Greek yoghurt</b>	13-17 g per 6 oz.
<b>Ice cream</b>	2.5 g per ½ cup
<b>Cheese</b>	3.5-7.5 g per slice
Plant-based foods	Grams of protein
<b>Beans (black beans, chickpeas, soy beans, kidney beans)</b>	10-15 g per cup
<b>Peas</b>	8.5 g per cup
<b>Nuts (cashews, almonds, pecans, hazelnuts)</b>	3-7 g per oz.
<b>Seeds (sunflower seeds, sesame seeds, pumpkin seeds)</b>	5 g per oz.
<b>Tofu</b>	3-4 g per oz.
<b>Soymilk</b>	5-7 g per cup

*The information provided is not meant to replace the advice of a medical professional. If you have any questions or concerns, you should talk to a doctor or dietitian about your nutritional needs. A dietitian can work with you to develop an individualized food plan that addresses your specific health concerns. You can find a registered dietitian by asking your doctor, or by visiting the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).*

## Preferred Protein In Order

Whey Protein  
Chicken egg (whole)  
Soy milk  
Cow (whole) milk  
Cheese  
Yogurt (greek)  
Quinoa  
Rice  
Fish  
Beef  
Bean sprouts  
Tofu  
Whole wheat  
Oats  
Beans (whole)

If you're interested in more information on healthy eating and nutrition we would like to recommend the following two governmental websites:

<http://www.choosemyplate.gov/healthy-eating-tips.html>

<https://ndb.nal.usda.gov/ndb/nutrients/index>

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### References:

-U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.*

-US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: /nea/bhnrc/ndl