



Everything You Need to Know About Protein



What is a protein?

- Proteins are the basic building blocks of the body.
- Proteins are made up of amino acids and we need adequate amounts to have healthy muscles, bones, cartilage, blood, skin, hair and nails.



What does protein do?

- Helps transport nutrients throughout the body
- Makes enzymes, hormones and other body chemicals
- Builds muscle and heal wounds
- Helps maintain fluid balance
- Fights infection
- Reduces hair loss



How does protein help with weight loss?

- Slows the movement of food from the stomach to the intestine which provides a feeling of fullness
- Helps control blood sugar levels and hunger
- Helps preserve lean body mass during weight loss





Dignity Health Medical Group
Bakersfield


A Service of Dignity Health Medical Foundation

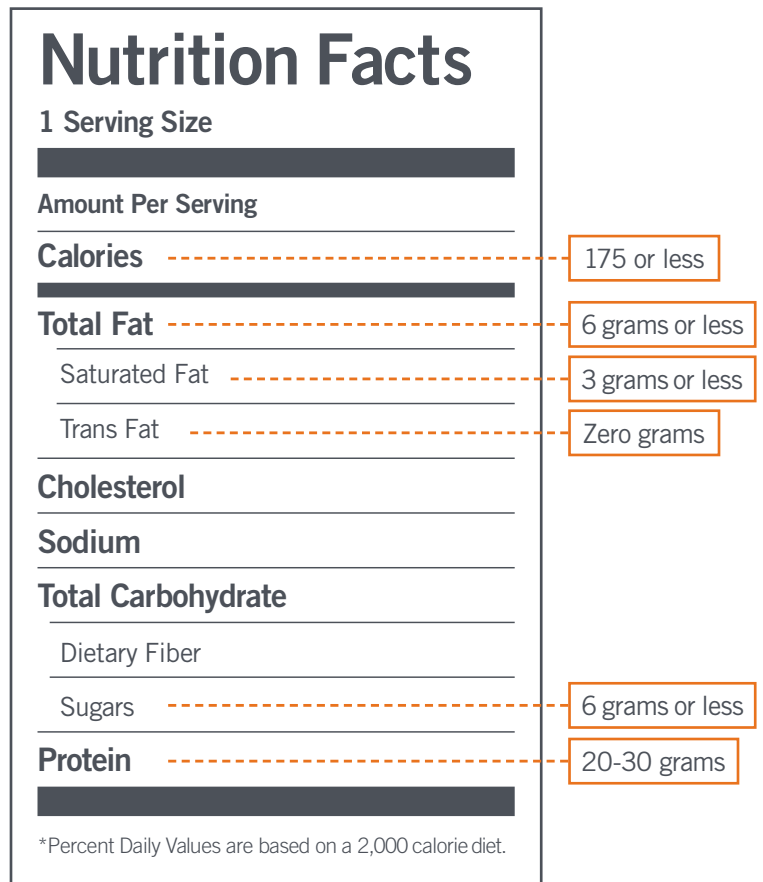
Learn more at dhamf.org/bakersfield/weightloss

Family Medicine & Specialty Care
9500 Stockdale Hwy, Ste 201 Bakersfield, CA 93311
(661) 327-1431

-  **Which foods have protein?**
- Meat – beef, lamb, pork, bison, rabbit, venison (deer), ham, boar
 - Poultry – chicken, turkey, duck, ostrich
 - Seafood
 - » Fish – anchovies, catfish, cod, flounder, haddock, halibut, mahi mahi, salmon, tilapia, tuna, trout, sole, sardines
 - » Shellfish – clams, crab, lobster, mussels, oysters, scallops, shrimp
 - Eggs
 - Dairy – Low fat milk, yogurt, Greek yogurt, cottage cheese and ricotta cheese, low fat cheese
 - Legumes – beans, lentils, peas, soybeans (edamame), tofu, tempeh, peanuts, peanut butter
 - Other – all nuts and seeds
 - Protein supplements

-  **How much protein should be eaten daily after weight loss?**
- Total: 60+ grams of protein per day
 - A source of protein should be included at each meal and snack
 - Aim for approximately 15+ grams of protein per meal and snack

-  **Choosing a protein supplement**
- Look for whey (concentrate or isolate), soy, caseine, egg white, and plant-based protein options.
 - Make sure each serving has:
 - » 175 calories or less
 - » 20-30 grams of protein
 - » Less than 6 grams added sugar
 - » Less than 6 grams fat



Planning Protein into Your Day

Know your portion sizes, 1 standard serving (roughly 15-25 grams protein)

- 3 ounces of beef, fish, poultry, pork (about the size of a deck of cards)
- 3 whole large eggs
- 1/2 cup cottage cheese, Greek yogurt or tofu
- 1/2 cup edamame (soy beans)
- 1/2 cup beans or lentils
- Ready to drink protein supplement or protein powder - see label for serving size



Tips

- Choose lean proteins most often. This means choosing:
 - » lean meats – 93/7 ground beef or turkey, loin cuts for beef and pork, and round steak
 - » low fat dairy – skim or 1% milk, low fat yogurt
- Watch out for processed proteins such as bacon, sausage, pepperoni, salami, bologna, and frozen meals with meat; they are often high in sodium and fat and low in protein.
- Avoid all fried proteins including fried fish, chicken, and shrimp.
- Aim for a variety of sources of proteins each day including lentils, beans, nuts, and soy.
- Add protein powder or non-fat milk powder to broths, soups, applesauce, oatmeal, and beverages if struggling to get enough protein.

Protein Power

Goal: 60+ grams per day

Food Name	Portion	Grams
**Beans, canned	½ cup	7
Beef eye of round	3 ounces	23
Beef top loin	3 ounces	21
**Chia seeds	1 tbsp	2
Cottage cheese, 2% fat	½ cup	12
Cottage cheese, creamed	½ cup	14
Cheese, parmesan, grated	¼ cup	10
Cheese, mozzarella, part skim	1 ounce	8
Cheese, ricotta, part skim	½ cup	14
Chicken breast without skin	3 ounces	21
Chicken breast, canned in water	3 ounces	21
Chicken leg without skin	1 drumstick	12
**Chickpeas, canned	½ cup	7
**Split peas, cooked	½ cup	8
Cod, white, baked	3 ounces	21
Crab, steamed	3 ounces	15
Egg, hard boiled	1 egg	6
**Flax seeds	1 tbsp	2
Flounder	3 ounces	16
Ground beef, 93% lean	3 ounces	21
**Green peas	½ cup	4
Halibut	3 ounces	19
Ham, lean, 5% fat	3 ounces	18
**Hemp seeds	1 tbsp	3
**Lentils	½ cup	9
Lobster, steamed	3 ounces	16

Food Name	Portion	Grams
Milk, skim	1 cup	8
Milk, skim plus	1 cup	11
**Nutritional yeast	1 tbsp	3
**Nuts	¼ cup	6-7
**Peanut butter powder	2 tbsp	7
**Plain soy yogurt	¾ cup	7
Pork tenderloin	3 ounces	21
Pork loin chop	3 ounces	21
Protein powder*	1 scoop	20-30
**Quinoa	½ cup	8
Salmon, baked	3 ounces	21
**Seitan`	3.5 ounces	19
Shrimp, steamed	3 ounces (6-9 large)	19
**Soybeans (edamame)	½ cup	11
**Soy flour, defatted	¼ cup	12
**Soy milk, plain	1 cup	8
**Soy nuts	¼ cup	17
**Spirulina	1 tbsp	4
Steak, sirloin	3 ounces	24
**Tempeh	3 ounces	15
Tilapia	3 ounces	21
**Tofu	½ cup	10
Tuna, canned in water	3 ounces	21
Turkey, white meat	3 ounces	21
**Unflavored plant-based protein powder	1-2 scoops	21
Yogurt, Greek, plain	¾ cup	17
Yogurt, plain or low-sugar	1 cup	8

* Serving size or protein amount may vary according to brand. Check labels.

**Plant-based protein