



Eat the recommended amount of Protein

No Need to Eat More

Extra protein is not used efficiently by the body and may impose a metabolic burden on the bones, kidneys, and liver (see research).

- average adult- .4 - .5 grams per pound Body Weight
- endurance athlete - .5 - .6 grams per pound BW
- strength athlete - .7 - .8 grams per pound BW

.8 grams/kg or .4 grams/lb

120 lbs=44 grams

Average Size Person 150 lbs. Needs 54 grams Protein a day.

150 lbs=54 grams

180 lbs= 66 grams

My Favorites: What I eat

- Low fat Yogurt, 1 cup - usually 8-12 grams
 - Low fat Milk, 1 cup - 8 grams
 - Chicken or Turkey breast, 3.5 oz - 30 grams protein
 - Tuna, 3 oz can - 20 grams of protein
 - Peanut butter, 2 Tablespoons - 8 grams protein
 - Beans - 1/2 cup - 20 grams
- = 80-100 grams**

Try to get some from plant sources (seeds, nuts, beans)