

What You Need to Know About PROTEIN



WHAT is protein?

Protein is a nutrient found in many types of foods and is needed for the body to function right. The body needs protein in large amounts.

WHY do we need it?

Protein is needed to build, repair and maintain the body. It also helps in fighting viruses and infections which is important for keeping the body strong and healthy.

WHERE can we find protein?

HOW MUCH PROTEIN NEEDED

PER DAY



The amount of protein the body needs, depend on these things:

Body Size

The average adult needs about 0.36 grams of protein per pound of body weight per day. So a person who weighs 165 pounds need about 60 grams of protein per day.

Lifestyle

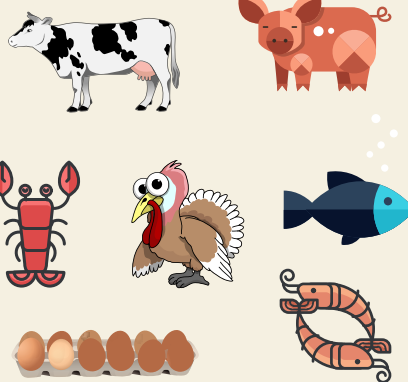
An athletic or active person needs more protein than an inactive person.

Age

Adults over 65 should eat more protein because it improves the function of muscle.

ANIMAL/ POULTRY & SEAFOOD

These protein include; beef, chicken, goat, lamb, eggs, shrimp, lobster, bison, salmon, turkey, pork, codfish, tuna, cheese and milk.



PLANT-BASED FOODS

These protein include; grains, lentils, nuts, beans, legumes, certain fruits, such as avocados, soy, hemp seeds, chia seeds, rice, quinoa, peas, tofu, tempeh, and pumpkin seeds.



Can too much protein harm the body?

Like other food sources, too much of one thing is not good at all. Eating too much animal protein can damage your kidneys, liver, and even lead to heart disease.

