

**HOW DO I EAT  
MORE PROTEIN?!**



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# HOW MUCH PROTEIN DO I NEED, AND WHY?

- ▶ Aim for a **minimum** of **0.7g per 1lb** of goal body weight
- ▶ You can eat more - up to **1g per 1lb** - if you're:
  - ▶ Trying to lose fat
  - ▶ Trying to build a lot of muscle
  - ▶ Over the age of 65
  - ▶ An endurance athlete
- ▶ Benefits of protein:
  - ▶ Helps build and retain muscle
  - ▶ Post-exercise muscle recovery
  - ▶ Keeps you feeling full (may prevent snacking/overeating)
  - ▶ Higher thermic effect (takes more energy to digest than carbs and fat)



# FOODS VERY HIGH IN PROTEIN

Eggs &  
egg whites

Turkey

Pork

Fish &  
shellfish

Chicken

Beef

Lamb

Tofu &  
tempeh

Seitan

Bison

Edamame

Cottage  
cheese

Protein  
powder

Greek  
yogurt

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# CARB SOURCES THAT ARE ALSO MODERATE IN PROTEIN

*These foods are primarily sources of carbs, but they also have some protein that can help your daily total add up, especially for plant-based eaters!*

Beans &  
lentils

Oats

Quinoa

Rice  
(wild, white,  
brown)

Corn

Bread (white &  
whole wheat)

Pasta (white &  
whole wheat)

Bean pastas  
(chickpea,  
lentil)



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# FAT SOURCES THAT ARE ALSO MODERATE IN PROTEIN

*These foods contribute a bit of protein as well, though they're mostly fat and therefore more calorie dense.*

Seeds  
(hemp, flax,  
chia, pumpkin,  
sunflower)

Nuts & nut butters  
(almond, cashew,  
pistachio)

Peanuts &  
peanut  
butter

Cheese  
(parmesan,  
mozzarella,  
other hard  
cheeses)

Milk, soy milk, &  
other plant milks  
(depending on  
brand)



# VEGETABLES THAT ARE ALSO MODERATE IN PROTEIN

*Surprise - some veggies have a little bit of protein as well!*

Brussels  
sprouts

Broccoli

Cauliflower

Asparagus

Green peas

Mushrooms

Spinach

Kale



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# OTHER PROTEIN TIPS

- ▶ Remember, protein isn't just in meat and eggs; you might already be getting more than you think!
- ▶ If you want to increase protein without greatly increasing calories, look for lean sources from the third slide ("foods very high in protein")
  - ▶ 100 calories of chicken breast = ~18g protein
  - ▶ 100 calories of peanut butter = ~4g protein
- ▶ A simple way to increase protein is to increase the portions you're already having, especially lean ones
  - ▶ 5oz of chicken instead of 4oz
  - ▶ 3/4 cup of Greek yogurt instead of 1/2 cup
  - ▶ Add egg whites to your eggs
- ▶ Consider having a protein shake daily; one scoop of protein powder typically provides 20-25g!



**SAVE THIS INFO  
AND GO  
PROTEIN UP!**



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