HOW DO I EAT MORE PROTEIN?!



HOW MUCH PROTEIN, DO I NEED, AND WHY?

Aim for a **minimum** of **0.7g per 1lb** of goal body weight

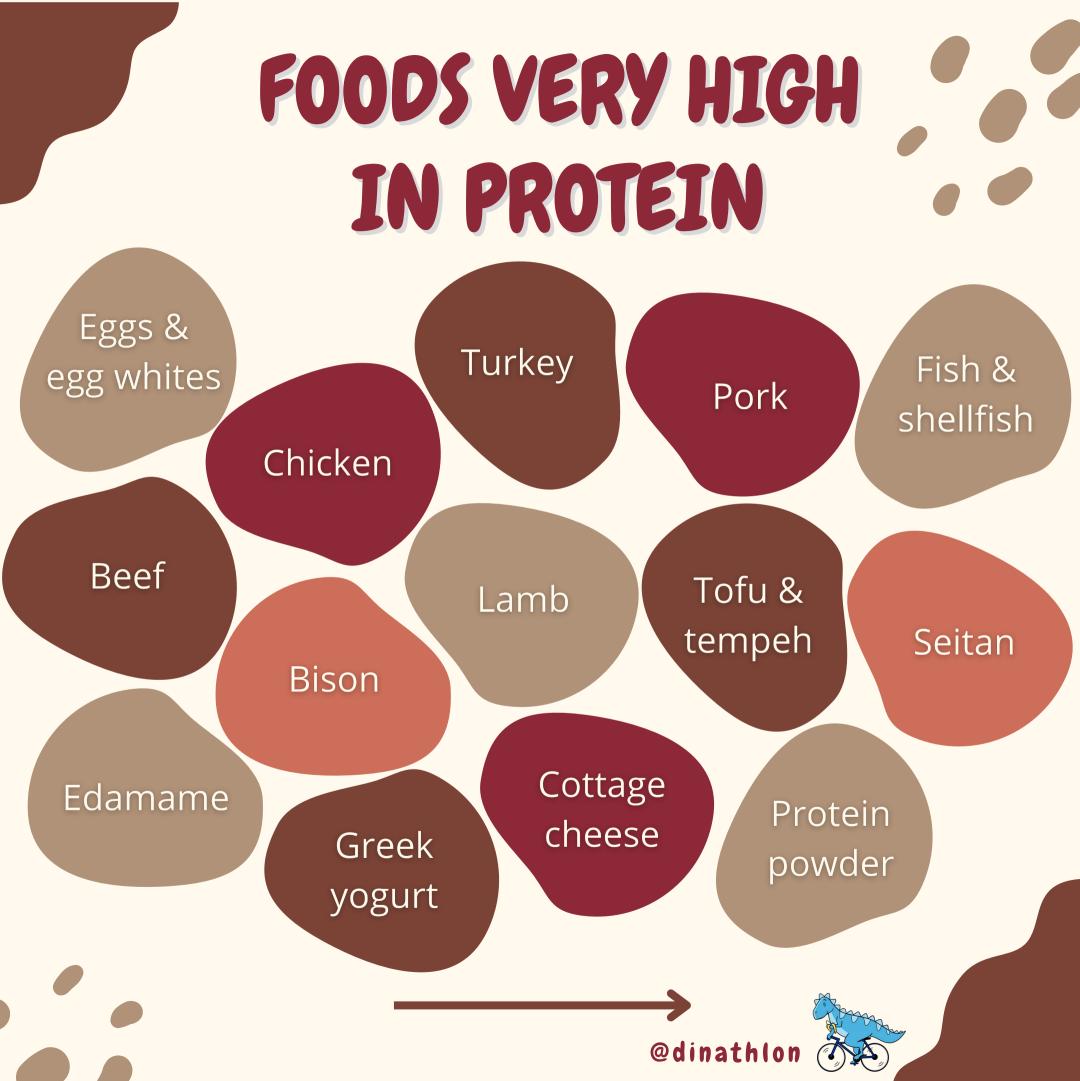
- You can eat more up to **1g per 1lb** if you're:
 - ► Trying to lose fat
 - Trying to build a lot of muscle
 - ► Over the age of 65
 - An endurance athlete

Benefits of protein:

- Helps build and retain muscle
- Post-exercise muscle recovery
- Keeps you feeling full (may prevent snacking/overeating)

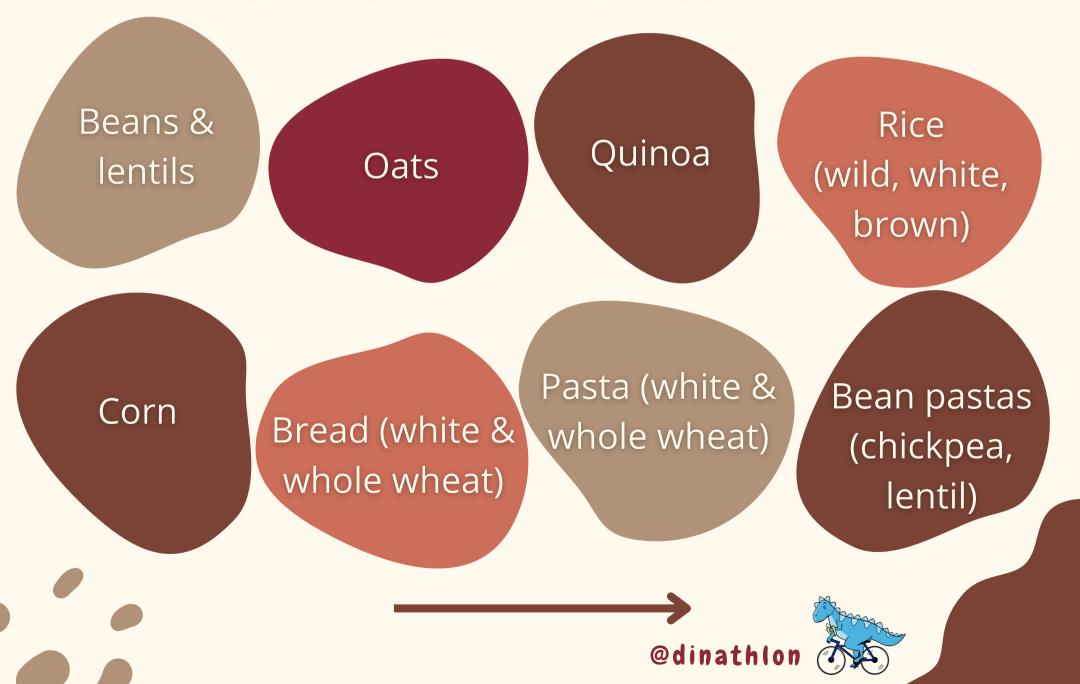
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Higher thermic effect (takes more energy to digest than carbs and fat)



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!



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)

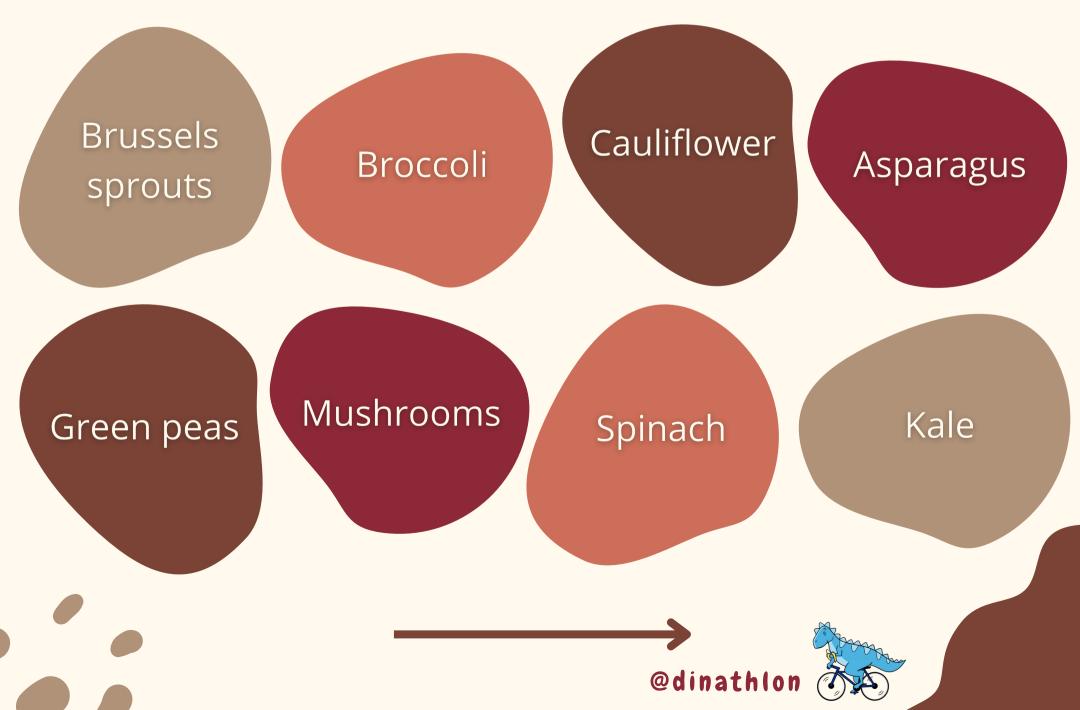
Milk, soy milk, & other plant milks (depending on brand)

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VEGETABLES THAT ARE ALSO MODERATE IN PROTEIN

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



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!

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SAVE THIS INFO AND GO PROTEIN UP!

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