

## Protein Guide

Protein has many important functions. It builds and repairs muscle, and is the basis of our body's organs, hormones, enzymes, and antibodies to fight infection. Protein is also an emergency fuel in the absence of sufficient carbohydrates and fats. For this reason, weight loss should be gradual to preserve protein levels in muscle, the heart and other body organs.

### **Recommended Daily Protein Intake**

Children	1-3 years old	13-26 grams
	4-8 years old	19-38 grams
	9-13 years old	34-64 grams
Males	14-18 years old	52-120 grams
	19 + years old	56-120 grams
Females	14 + years old	46-110 grams
Pregnancy		71-120 grams
Breastfeeding		71-120 grams

Elderly people and dieters must eat sufficient food to ensure adequate protein intake. Inadequate protein leads to a drop in immune response with greater susceptibility to illness and infections. Muscle strength and muscle mass also drop. Protein needs are easily met with sensible eating. Athletes who eat enough food for their energy needs can obtain sufficient protein.

### **Examples of Foods High in Protein**

Steak	4 ½ oz cooked	21 grams
Pork	3 oz lean cooked	24 grams
Chicken	4 oz roasted breast	36 grams
Turkey	3 oz light meat cooked	28 grams
Fresh Fish	4 oz cooked	28 grams
Ground Beef Patty	3 oz lean cooked	21 grams
Split Peas	1 cup cooked	16 grams
Subway Fast Food	6 in Subs-Meatball, Roast Chicken Breast, Club	24 grams
Hard Cheeses	4 oz piece	28 grams