

Protein for Millennials



As you take on more responsibilities, do you find that you are sometimes too busy to think about eating healthful? Fortunately, adding protein rich foods into your diet is a quick and easy way to give you **more energy** to help you accomplish everything you want to do throughout the day.

PROTEIN FAQ:

■ How does protein **benefit** me?

Eating a diet higher in protein and staying active may help you **manage your weight** through curbing your hunger. It can also preserve lean body muscle, which can help you **burn more calories** throughout the day.

■ How much protein do I need?

The Recommended Dietary Allowance (RDA) is **54-72 grams** of protein per day for a **150-200 pound adult**. Use this as a general guideline for the minimum amount of protein you need based on your body weight.

■ Which foods contain protein?

MEAT: Beef, poultry, pork, seafood, and eggs; **3 ounces** of lean meat or poultry contain about **25 grams** of protein.

DAIRY: Milk, cheese, and yogurt; **1 cup** cow's milk, soy milk, or yogurt contains about 8 grams of protein.

PLANTS: Soybeans, nuts, and seeds; grains, nuts, and vegetables contain about **2 grams** of protein **per serving**; **¼ cup** of roasted soybeans contains about **10 grams** of protein.



PROTEIN PACK YOUR DAY!

- Look at the foods below in bold, for ideas of how to include **5 grams of protein per suggested serving**.

BREAKFAST	Make your own smoothie: blend 6 ounces low-fat Greek yogurt , ¾ cup frozen fruit, and ¾ cup juice.
SNACK AT THE OFFICE	Make your own trail mix snack bags: mix together ¼ cup almonds/peanuts , ¼ cup dried fruit, and 1 ounce dark chocolate to curb your hunger.
LUNCH	Pack and Go: Assemble 3 ounces of ham and 2 ounces of low-fat cheese on 2 slices of whole grain bread to satisfy your hunger. Add a side salad of; orange sections, baby spinach and 2 sliced hard boiled eggs all dressed with a dash of herbs, oil and vinegar for a nutrient balanced meal.
BEFORE A WORKOUT	Slice an apple and smear with 2 tablespoons of peanut butter. Add a cup of low-fat milk to get the maximum benefit from your workout and for post-exercise recovery.
DINNER	Combine 1 cup of whole wheat pasta with assorted veggies and 3 ounces salmon . Toss with olive oil and 1 ounce shredded parmesan cheese .



HEALTHY EATING AT THE PALM OF YOUR HAND!

Did you know that pursuing a healthy lifestyle is as easy as using your **cell phone**?

Check out healthful menu planning apps and websites such as **supertracker.org** to help you make informed eating decisions.

“Like” or follow your favorite restaurants, supermarkets, and nutrition organizations on **Facebook** and **Twitter**. They often post daily specials on healthful items and menu selections. Followers may receive discounts for mentioning the post!

Pinterest can be a great resource for meal inspiration! Pinning can lead you to many high protein recipes and new ideas for an overall balanced diet.

Use a calorie counter/diet tracker app, such as **MyFitnessPal**, to keep track of how much protein you are getting throughout the day.

Follow credible health and nutrition professionals through **blogs, Facebook, and Twitter**. However, make sure to review their education and credentials before entrusting your health in their hands.



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