

# LET'S TALK ABOUT PROTEIN

## WHAT IS PROTEIN?

Protein is an essential nutrient present in every cell in the body. It's made of amino acids, which are building blocks that help grow and maintain the body's tissues - including muscles, tendons, blood vessels, skin, hair and nails. Protein is also involved in synthesizing and maintaining enzymes and hormones to keep the body's systems functioning properly.

## HOW MUCH DO WE NEED?

Daily Recommendation of Protein*		
Children	2-3 years	2 ounces
	4-8 years	4 ounces
Girls	9-13 years	5 ounces
	14-18 years	5 ounces
Boys	9-13 years	5 ounces
	14-18 years	6.5 ounces
Women	19-30 years	5.5 ounces
	31-50 years	5 ounces
	51+ years	5 ounces
Men	19-30 years	6.5 ounces
	31-50 years	6 ounces
	51+ years	5.5 ounces

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.



CHIPPEWA COUNTY  
**Public Health**  
Prevent. Promote. Protect.

## WHAT IS IN THE PROTEIN GROUP?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Examples of Protein Foods	
<b>Meats</b> Beef Pork, ham	<b>Poultry</b> Chicken Turkey
<b>Seafood</b> Fish Shellfish Tuna	<b>Other</b> Milk Cheese Cottage cheese Greek yogurt
<b>Nuts and seeds</b> Almonds Pecans Pistachios Walnuts Sunflower seeds Pumpkin seeds Peanut butter Almond butter	<b>Beans and Peas</b> Beans (such as black, kidney, pinto, or white, baked or refried beans) Peas (such as chickpeas, cowpeas, lentils, or split peas) Tofu Soybeans Hummus
<b>Eggs</b>	



