

PROTEIN COST COMPARISON/ALTERNATIVES

PROTEIN

Protein is found in many different foods and is vital for life. It is needed to build and repair cells, fight infections, build and maintain muscle, and many other important functions. Both plant and animal products contain protein, but some are better sources than others. Average daily total protein requirements are around 13-19 grams for kids age 1-8 years old, 34 grams for kids 9-13 years old, 46 grams for females 14-50+ years, 55 grams for 14-50+ year old males.

Below is the recommended amount of protein to consume from the protein food group, price comparison of meat per ounce, an example of a daily intake of protein, and examples of protein equivalents.



A deck of cards

or



Palm of hand

= 3 ounces cooked meat

Price comparison of meat/ounce (oz)

- 1 oz ground beef (80/20), beef roast: \$0.25-.31/oz, \$0.36-0.40/oz
- 1 oz dark chicken, white chicken: \$0.10-0.13/oz, \$0.13/oz
- 1 oz turkey: \$0.19/oz
- 1 oz pork: \$0.11-0.25/oz
- 1 oz canned tuna, salmon, sardines: \$0.18/oz, \$0.25/oz, \$0.24/oz
- 1 oz frozen white fish (tilapia, cod, haddock): \$0.18-0.38/oz
- 1 oz shrimp: \$0.37-0.42/oz

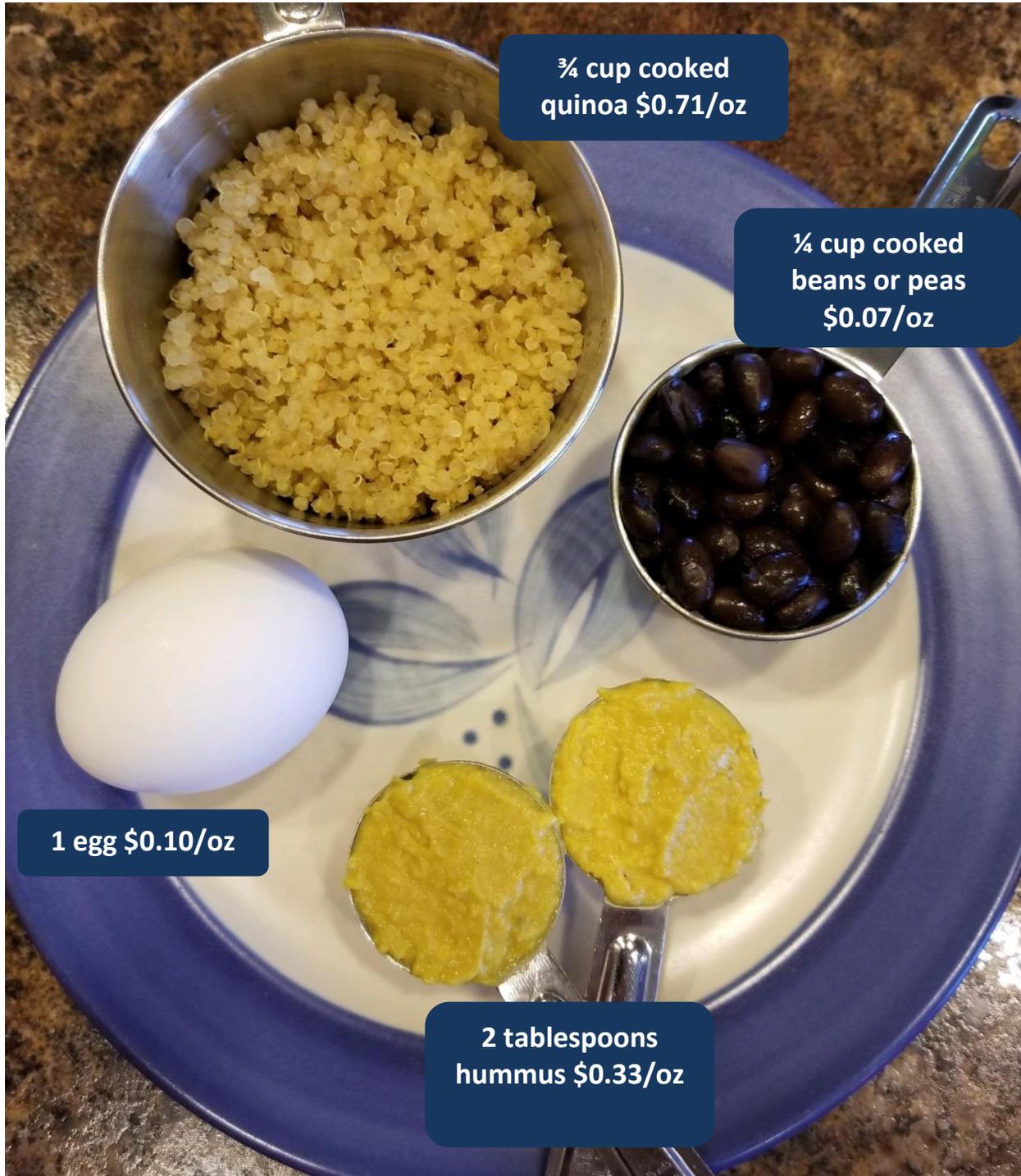
Examples of Daily Intake to Achieve Adequate Protein

(2-3 servings from dairy, 5-6 oz meat equivalent)

1 day including meat		1 day excluding meat	
Food and Serving	Grams of Protein	Food and Serving	Grams of Protein
2 cups low fat milk	16	1 TBS peanut butter	7
3 oz chicken breast	28	1/2 cup black beans	8
1 egg	6	3/4 cup quinoa	6
1 piece string cheese	6	1 cup Greek yogurt	22
2 oz canned tuna	14	1/2 c cottage cheese	14
Total Protein	70 Grams	Total Protein	57 Grams

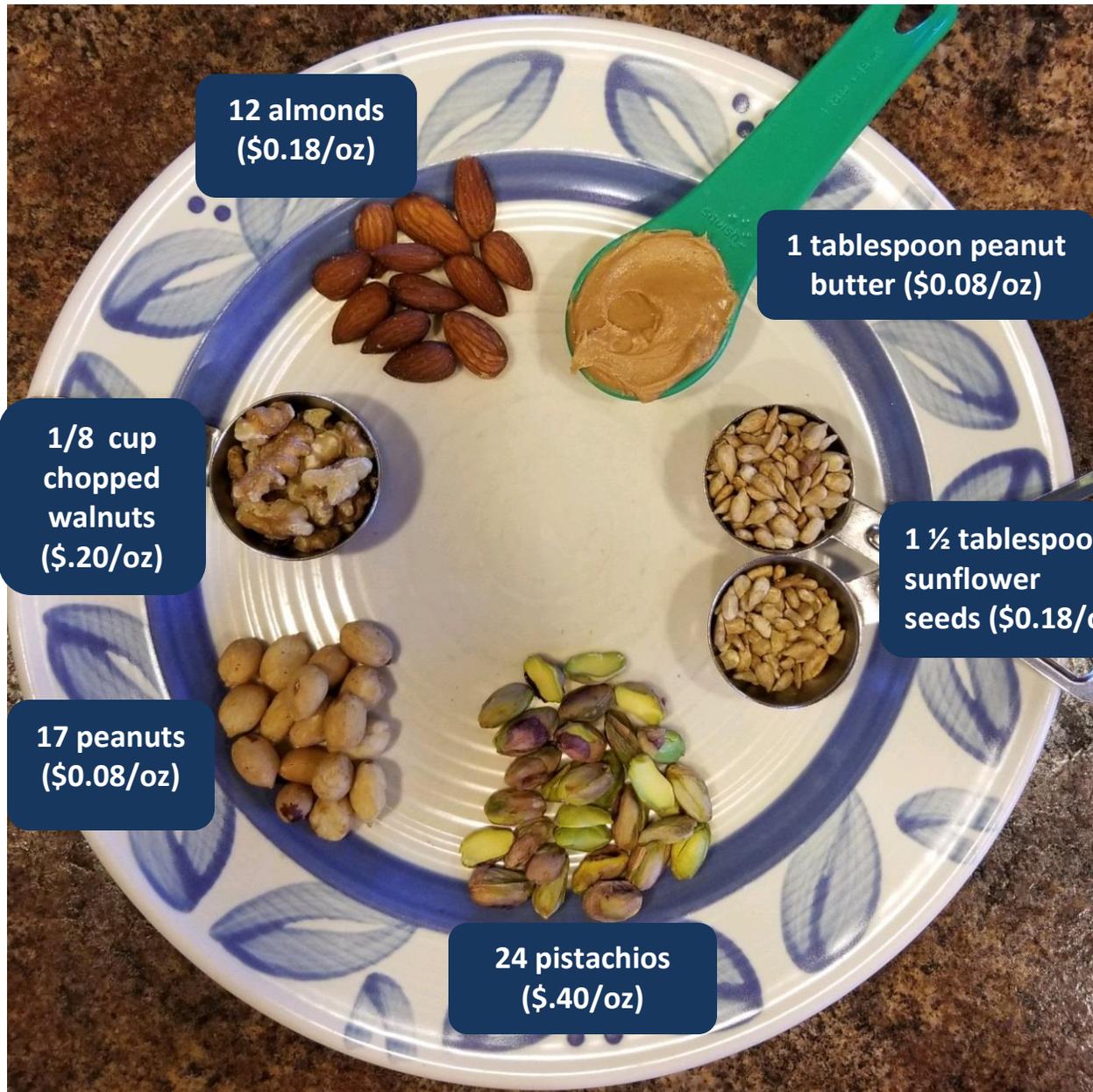


1 ounce (oz) meat equivalents (Eggs, Beans, Soy, Grain products)



- $\frac{1}{4}$ cup of cooked beans (such as black, kidney, pinto, white, baked, refried beans)
- $\frac{1}{4}$ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas) \$0.07
- $\frac{1}{4}$ cup (about 2 ounces) of tofu \$0.18
- 1 oz. tempeh, cooked \$0.29
- $\frac{1}{3}$ cup fresh or frozen cooked edamame \$0.42
- 2 Tablespoons hummus
- $\frac{3}{4}$ cup cooked quinoa, buckwheat

1 ounce (oz.) meat equivalents (Nuts and Seeds)



1/2 ounce of nuts (17 peanuts, 12 almonds, 24 pistachios, 7 walnut halves) \$0.08-0.40/oz
1/2 ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted) \$0.18-0.25/oz
1 Tablespoon of peanut butter or almond butter \$0.08-0.23/oz