

# PROTEINS

## *Fitness*

Protein is a component of all your body's cells and has many important functions in the body. Protein helps with growth and repair of cells, helps maintain energy and fluid balance and eating protein with meals helps regulate blood sugar and helps us to stay full longer. Regardless of whether you eat animal products or plant-foods for protein, its fairly easy for most healthy adults to meet their protein needs.

Typical recommendations for protein vary from 15% of total calories to 30%. Protein needs increase slightly with significant exercise and increase more significantly during times of stress, growth (including pregnancy for women) and in older adults. A good goal is to average about 20-25% of calories from protein.

Whole proteins are definitely the best choice. Use powders and bars sparingly, if at all as many of these contain protein isolates which do not have the health benefits of whole foods and in fact, may have health consequences. **Bottom line: use these rarely, if at all.**

There are known benefits of meatless eating and at least some protein should come from vegetarian sources. You will easily see in the foods below, how it is possible to get enough protein without eating animal products with each meal. You should get protein from a variety of vegetarian sources (legumes, beans, vegetables) but there is no need to eat protein from multiple sources with each meal – just eat variety over the course of the day.

For meat-eaters, I recommend at least one meatless meal or one meatless day a week. The Fresh 20 “Meal 5” is always meatless (though it sometimes contains eggs or dairy).

### **ANIMAL – 3 ounce portion**

Food	Calories	Protein
Skinless chicken	140	28
Salmon	155	22
Shrimp	100	20
Pork	120	22
Steak	160	26

THE FRESH 180

# PROTEINS

*Fitness*

## EGG & DAIRY

Food	Calories	Protein
Greek yogurt (6 oz)	100	15 – 20
Nonfat plain yogurt (6 oz)	100	10 – 12
Egg	80	6
Cheddar Cheese (1 oz)	100	7

## PLANT

Food	Calories	Protein
Lentils (1/2 cup)	100	9
Black beans	115	8
Garbanzo beans (1/2 cup)	130	7
Edamame	100	9
Quinoa	110	4
Peas	60	4
Broccoli (1 cup, chopped)	30	2.5
Kale (1 cup, chopped)	30	3
Almonds (1 oz)	160	6
Walnuts (1 oz)	185	4

:: WWW.THEFRESH20.COM ::

THE FRESH 180

# PROTEINS

*Fitness*

**PLANT CONT...**

Food	Calories	Protein
Cashews (1 oz)	160	4
Peanut butter (1 TB)	100	5
Chia seeds (1 oz)	140	5

**Side-by-Side Nutrient Comparison for Chili Verde:**

**Traditional Chili Verde w/ Pork**

<b>Nutrition Facts</b>			
Serving Size (755g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 370</b>		Calories from Fat 120	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 80mg			<b>27%</b>
<b>Sodium</b> 650mg			<b>27%</b>
<b>Total Carbohydrate</b> 27g			<b>9%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 7g			
<b>Protein 35g</b>			
Vitamin A 15% • Vitamin C 80%			
Calcium 15% • Iron 20%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Vegetarian Chili Verde**

<b>Nutrition Facts</b>			
Serving Size (571g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 410</b>		Calories from Fat 70	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 250mg			<b>10%</b>
<b>Total Carbohydrate</b> 64g			<b>21%</b>
Dietary Fiber 16g			<b>64%</b>
Sugars 7g			
<b>Protein 26g</b>			
Vitamin A 20% • Vitamin C 80%			
Calcium 10% • Iron 40%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

# PROTEINS

---

## *Fitness*

**Some key points to consider when looking at the nutrient comparison:**

1. Vegetarian versions may not be lower in calories
2. Pure vegetable proteins (not eggs/dairy) will have no cholesterol since there is no cholesterol in plant foods
3. Saturated fat will almost always be lower in plant versions – except those using a lot of eggs/dairy
4. Plant protein contains fiber, animal protein does not.
5. In addition to their protein content, beans are also a great source of iron.

***Bottom Line: Protein is an important nutrient for growth, healing and repair. Rather than isolate the need for protein, look at protein in relation to the other nutrients in the food you eat. If you are eating a diet of whole, unprocessed foods, you will likely easily meet your protein needs without turning to any synthetic or processed foods. And, excess is not better. Your body can also use a certain amount and any excess will be stored as fat.***