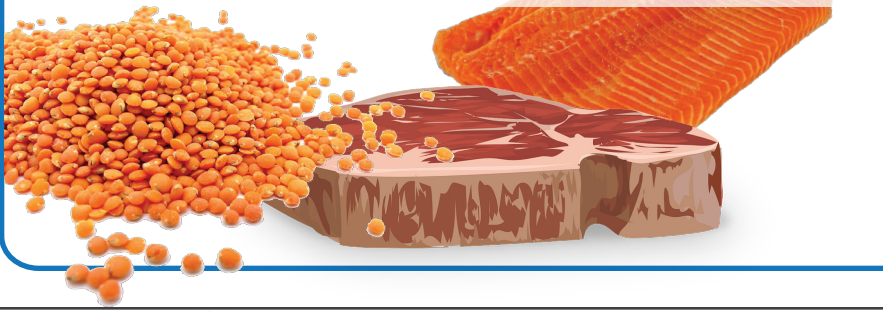


## HOW MUCH PROTEIN DO I NEED?



### THE 9 ESSENTIAL AMINO ACIDS YOU MUST GET FROM FOOD

Histidine	Phenylalanine
Leucine	Threonine
Isoleucine	Tryptophan
Lysine	Valine
Methionine	

## IDENTIFY YOUR HEALTH GOAL FIRST

### HEALTH GOAL: **GENERAL HEALTH & LONGEVITY**

Not looking to change body composition. Sedentary lifestyle.

- 35-50% of body weight in lbs in grams

*Ex. 160 lbs 56-80 grams of protein/day Approx. 20-25 grams 3x/day*

### HEALTH GOAL: **ATHLETE OR HIGHLY ACTIVE OR WANT TO BURN FAT**

Not looking to change body composition. Sedentary lifestyle.

- 50-75% of body weight in lbs in grams

*Ex. 160 lbs 80-120 grams of protein/day Approx. 25-30 grams 4x/day*

### HEALTH GOAL: **ATHLETE OR HIGHLY ACTIVE OR WANT TO BUILD/PRESERVE MUSCLE AND BURN FAT**

Not looking to change body composition. Sedentary lifestyle.

- 75-100% of body weight in lbs in grams

*Ex. 160 lbs 120-160 grams of protein/day Approx. 30-45 grams 4x/day*



### WHAT IS A COMPLETE PROTEIN?

- A **complete protein** contains all **9 essential amino acids**.
- **Animal sources** of protein generally **have all essential amino acids**.
- **Incomplete proteins can be combined** to be complete ex. beans and rice.
- **Vegetable based proteins** come with **more carbs** (limit if weight loss is a goal).
- **Quinoa** and **Chia** are **complete vegetable proteins**, but in much smaller amounts by weight than animal protein sources.



## HOW MUCH PROTEIN IS IN MY FOOD?



**PROTEIN QUALITY MATTERS**  
Choose Organic, Pastured,  
Grassfed or Wild over  
Feedlot, Caged or  
Conventionally Raised Protein.

## PROTEIN DENSITY BY FOOD CATEGORIES

- Animal Based Protein  
Beef, Chicken, Lamb etc.
- Fish & Seafood
- Eggs & Dairy
- Nuts & Seeds
- Legumes incl. Soy

PROTEIN DENSITY

## PROTEIN CONTENT BY FOOD CATEGORIES

FUNCTIONAL NUTRITION

- 1 oz Meat/Chicken 7 grams protein
- 1 oz Fish 6 grams protein
- 1 Egg (large 50 gr.) 6 grams protein
- 1 cup/143 gr. Almonds 30 grams protein
- 1 cup/198 gr. Lentils 18 grams protein

PROTEIN CONTENT