



Protein

Depending on age, gender and activity level, adults typically need 5–6 1/2 ounces of protein foods per day.*

Nutritional Benefit

Proteins function as building blocks for bones, muscles, cartilage, skin, blood & metabolism.

Professional Advice

Limit fatty cuts of meat and poultry — they are sources of saturated fat which can raise “bad” cholesterol levels when eaten in excess.

What counts as a one-ounce equivalent?



1 oz. of fish, lean meat & poultry is a 1 oz. protein equivalent.

For example,

- 1 small steak (3 1/2 – 4 oz.)
- 1 small chicken breast half (3 oz.)
- 1 salmon steak (4 – 6 oz.)
- 1 can of tuna, drained (3 – 4 oz.)



- 1/2 oz. of nuts or seeds
- 1 tbsp. peanut butter



- 1/4 cup cooked beans
- 1 bean burger patty (2 oz.)
- 2 tbsp. hummus



- 1 egg



- 1/4 cup of tofu