

YOUR PERSONAL GUIDE TO PROTEIN

Daily Protein Guidelines:

- Aim for 65 - 85 grams of protein per day
 - Include protein at every meal/snack
 - Always eat protein first
 - Choose lower fat protein sources
 - Choose high quality protein foods
 - Use protein shakes for snacks instead of solid foods if you have a problem with grazing

Protein Bars - WBI Guidelines:

- Greater than 15 grams of protein
 - Less than 220 calories
 - Less than 12 grams of sugar

Ways To Increase Your Protein Intake:

- Add 1/2 cup on nonfat dry milk to nonfat milk or dairy-based foods such as yogurt.
- Use nonfat milk in cooking foods such as cream soups and hot cereal
 - Use nonfat milk to mix protein drinks
- Stir in protein powder to any food that can be stirred such as mashed potatoes, cottage cheese, chili, scrambled eggs, etc.
- Start your day with a protein shake or bar.

Protein In Your Meals/Snacks:

- Breakfast, 15 - 25 grams
 - Snack, 5 - 10 grams
- Lunch, 20 - 30 grams
 - Snack, 5 - 10 grams
- Dinner, 20 - 30 grams

Protein Drinks - WBI Guidelines:

- 15 - 30 grams protein if drinking for snack or meal, more okay if spread out
 - Less than 200 calories
 - Less than 12 grams of sugar

Sample Menu

Without Protein Supplements:

- Breakfast - 1/2 cup egg substitute, 1 ounce low fat cheese, 1/2 slice whole wheat toast, 1 teaspoon of margarine **(20 grams protein)**
- Snack - 6 ounce light yogurt **(6 grams protein)**
- Lunch - 1 cup chicken chili with beans, 4 reduced fat Triscuits **(24 grams protein)**
 - Snack - 1/4 cup 1% cottage cheese, 1/2 cup water-packed peaches **(8 grams protein)**
- Dinner - 3 ounces grilled flounder, 1 teaspoon olive oil, 1/4 cup green beans, 1/2 baked small apple **(22 grams protein)**

Total: 80 grams protein, 935 calories

Sample Menu

With Protein Supplements:

- Breakfast - 1 serving protein powder shake mixed with 8 fluid ounces of nonfat milk **(20 grams protein)**
- Snack - 1/4 cup 1% cottage cheese, 1/2 cup water-packed peaches **(8 grams protein)**
- Lunch - 3/4 cup chicken chili with beans, 4 reduced fat Triscuits **(20 grams protein)**
 - Snack - Protein bar **(15 grams protein)**
- Dinner - 3 ounces grilled flounder, 1 teaspoon olive oil, 1/4 cup green beans, 1/2 baked small apple **(22 grams protein)**

Total: 85 grams protein, 1000 calories

