<u>Homework</u>

<u>Tracking</u>

□ Meditation practice days this week
□ Journal 3 pages mornings this week
□ Specific action related to support system:
<u> </u>
□ Relaxation practice days this week
□
□

<u>Notes</u>

SUMMARY: PROTEIN

- PROTEIN HAS 4 CALORIES PER GRAM
- PROTEIN NEEDS ARE GENERALLY :

WEIGHT IN POUNDS X .3 = PROTEIN NEEDS IN GRAMS

EXAMPLE: 250# X .3 = 75 GRAMS PROTEIN PER DAY

- VEGETARIANS CAN GET ADEQUATE PROTEIN WITH GOOD PLANNING
- DISTRIBUTE PROTEIN THROUGHOUT THE DAY
- HAVE A FOOD RICH IN PROTEIN & CARBOHYDRATE SOON AFTER AN EXERCISE SESSION

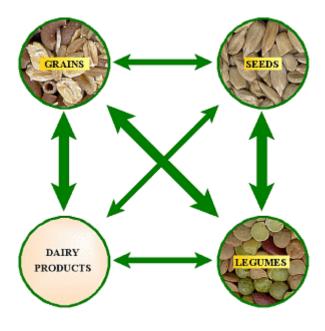
PROTEIN CONTENT OF VARIOUS FOODS

	Food/Beverage	Serving Size	Protein	Calories
Best Choices **	MEAT, FISH, POULTRY			
**	Tuna, canned in water	3 oz	21 gm	100
**	Salmon	3 oz	20 gm	125
**	Shrimp, boiled	3 oz	21 gm	85
**	Tilapia	3 oz	21 gm	105
**	Crab, dungeness	3 oz	15gm	80
**	Turkey, breast meat w/o skin	3 oz	25 gm	120
**	Scallops, large, steamed	3 oz (~6 scallops)	15gm	75
**	Lobster	3 oz	19 gm	85
**	Ham, thinly sliced deli meat	3 oz	26 gm	130
	Chicken, dark w/o skin, stewed	3 oz	22 gm	165
**	Chicken, white w/o skin, stewed	3 oz	25 gm	135
	Pork chop	3.5 oz	21 gm	150
	Roast	3 oz	19 gm	200
	Ground beef – 7% fat	1/2 cup	21 gm	120
	Amy's Vegetarian Chili	1/2 cup	8 gms	100
	MEAT ALTERNATIVES		Ŭ	
**	Tofu - raw	1/2 cup	10 gm	95
	Peanut Butter	2 tbsp	8.5 gm	190
	Almonds – dry roasted	1 oz (~20 nuts)	6 gm	165
	Soy Nuts	¹ / ₄ cup	10 gm	120
	Edamame	½ cup	8 gm	100
	STARCHES			
**	Fat free refried beans	1/2 cup	9 gm	135
**	Kidney beans	1/2 CUP	7 gm	110
**	Black beans -canned, drained	1/2 cup	7.5gm	120
	Baked beans	1/2 cup	8 gm	160
	Barley	1 cup	3.5 gm	200
	Garbanzo beans (chick peas)	1/2 cup	7 gm	140
	SOUPS		J	
	Low fat creamed soup	1 cup	6.0-9.0 gm	90
**	Bean or Lentil soup	1 cup	7.5 gm	60
**	Minestrone soup	1 cup	5 gm	60
	Split pea	1 cup	9 gm	160
	DAIRY			
**	Cottage cheese – reduced fat	1/2 cup	14 gm	80
**	Skim mozzarella	1 oz	6 gm	80
	Cheddar cheese, shredded	1/4 cup	7 cm	110
**	Fat free cheddar, shredded	1/4 cup	9 gm	35
**	Skim milk	1 cup / 8oz	8 gm	80
**	Yogurt, light	1 cup	8 gm	90
	Egg, large size	1 egg	7 gm	65
	Egg substitute	1/4 cup	7 gm	50
**	Greek yogurt, nonfat or lowfat	1 cup	14 gm	100

3 oz meat = about the size of a deck of cards

1 oz = 2 tablespoons 2 oz = $\frac{1}{4}$ cup 3 oz = $\frac{1}{3}$ cup 4 oz = $\frac{1}{2}$ cup 8 oz = 1 cup

Complementary Proteins



FOODS	LIMITING AMINO ACIDS (low levels, not completely missing)	COMPLEMENTARY FOODS	MENU ITEM EXAMPLES
Legumes: lentils, peas beans	Tryptophan Methionine	Grains, nuts & seeds	Stir-fry veg w/green soybeans, served over brown rice, sesame seeds garnish or Hummus (chickpeas & tahini spread), served with whole wheat pita bread
Grains: wheat, com, rice, oats barley, rye	Lysine Isoleucine Threonine	Legumes, dairy	Grilled cheddar on whole wheat bread or Cornbread & chili beans, grated cheddar
Nutis & Seeds Almonds, peanuts, sunflower, cashews	Lysine Isoleucine	Legumes	Lentil-walnut loaf, cashew gravy or Fried tofu cubes on mixed salad, peanut-coconut dressing