

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

## **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	½ cup	21 gm	120
	Amy's Vegetarian Chili	½ cup	8 gms	100
	<b>MEAT ALTERNATIVES</b>			
**	Tofu - raw	½ cup	10 gm	95
	Peanut Butter	2 tbsp	8.5 gm	190
	Almonds – dry roasted	1 oz (~20 nuts)	6 gm	165
	Soy Nuts	¼ cup	10 gm	120
	Edamame	½ cup	8 gm	100
	<b>STARCHES</b>			
**	Fat free refried beans	½ cup	9 gm	135
**	Kidney beans	½ cup	7 gm	110
**	Black beans –canned, drained	½ cup	7.5gm	120
	Baked beans	½ cup	8 gm	160
	Barley	1 cup	3.5 gm	200
	Garbanzo beans (chick peas)	½ cup	7 gm	140
	<b>SOUPS</b>			
	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
	<b>DAIRY</b>			
**	Cottage cheese – reduced fat	½ cup	14 gm	80
**	Skim mozzarella	1 oz	6 gm	80
	Cheddar cheese, shredded	¼ cup	7 gm	110
**	Fat free cheddar, shredded	¼ 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	¼ 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 = ¼ cup    3 oz = 1/3 cup    4 oz = ½ 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, corn, rice, oats barley, rye	Lysine Isoleucine Threonine	Legumes, dairy	Grilled cheddar on whole wheat bread or Cornbread & chili beans, grated cheddar
Nuts & Seeds Almonds, peanuts, sunflower, cashews	Lysine Isoleucine	Legumes	Lentil-walnut loaf, cashew gravy or Fried tofu cubes on mixed salad, peanut-coconut dressing