

How Much Protein Do You Need?

Start by Meeting **BASIC** Protein Needs **EVERY DAY**

The Dietary Guidelines recommend **5-7 ounce-equivalents of protein foods per day**, (0.36g protein per pound of body weight, or roughly 55g protein for a 150-pound adult) including a mix of meats, poultry, eggs, seafood, nuts, seeds, soy foods, beans, peas, and lentils.¹

The Eat Lancet Report recommends about **7 ½ ounces of protein foods per day**, mostly from beans and nuts, with a little bit of fish and poultry, and smaller amounts of meat and eggs. The goal of this eating style is to optimize both human **and planetary health**.²

NOTE: Kidney disease or other health conditions may impact the amount of protein our bodies need to function. Always work with your dietitian and physician to find a nutrition plan that works best for you before making any health or dietary changes.

Once You've Built a **DAILY PROTEIN** Habit, Consider if **MORE PROTEIN** Might be Warranted

Adults 65+ might benefit from even more protein to maintain skeletal muscle mass. Aiming for 0.54g protein per pound of body weight, or 82g/day for a 150-pound older adult, is a healthy target.³

Elite athletes who do regular strength and endurance training may need anywhere from 50% more to 150% more protein than average adults, depending on their specialty and training regimen. A sports dietitian can help estimate athletes' protein needs.⁴

During the 2nd and 3rd trimesters of pregnancy, protein needs increase by about 21g/day. For a 150-pound pregnant adult in the 2nd or 3rd trimester, that would mean aiming for 75g protein/day, or roughly 0.5g protein/pound body weight. Lactating adults also have increased protein needs.⁵

Protein Quality is Just as Important as Quantity

Get more of your protein from plant-based sources. People who get more of their protein from plant-based sources are significantly less likely to die from heart disease than those who get more of their protein from meat.⁶

Cut back on red and processed meats. The World Health Organization warns that processed meats (like hot dogs, bacon, and sausage) are carcinogenic and that red meat (like steak) is likely carcinogenic, as people who eat more of these foods tend to have a higher risk of developing cancer.⁷

Enjoy seafood at least 2x week. Eating seafood 2-3x week is linked with a 17% lower risk of death, and people who eat the most seafood tend to live more than 2 years longer than those who don't. Omega-3 fatty acids, found primarily in seafood, are also critical for brain development.⁸

Common protein sources



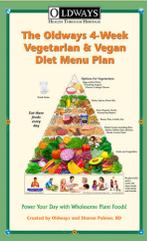
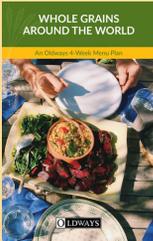
Heritage diets are a delicious example of how to keep your bodies strong and nourished with healthy protein sources. **Mix** and **match** your favorite **traditional cuisines** to build a balanced diet.

Find each of these recipes at OldwaysPT.org

Breakfast	Lunch	Dinner	Snacks
<p>Potato and Leek Frittata (21g)</p> 	<p>Niçoise Salad (26g)</p> 	<p>Suya Spiced Salmon (32g)</p> 	<p>Peanut Sikil Pak (5g)</p> 
<p>Shakshuka with Beans (15g)</p> 	<p>Black Bean Soup (19g)</p> 	<p>Cashew Shrimp Stir Fry (28g)</p> 	<p>Smoothie made with Silken Tofu (7g)</p> 
<p>Banana Berry Overnight Oatmeal (18g)</p> 	<p>Black-Eyed Peas and Wild Greens with Garlicky Yogurt (20g)</p> 	<p>Fish Tacos (32g)</p> 	<p>Hummus (5g)</p> 

References

1. DietaryGuidelines.gov
2. DOI: 10.1016/S0140-6736(18)31788-4
3. DOI: 10.1093/advances/nmy003 & DOI: 10.1093/gerona/glu103
4. DOI: 10.1186/1550-2783-4-8 & DOI: 10.1249/MSS.0b013e31890eb86
5. DOI: 10.3390/nu13030795
6. DOI: 10.1093/ije/dyy030
7. DOI: 10.1016/S1470-2045(15)00444-1
8. DOI: 10.1001/jama.296.15.1885, DOI: 10.7326/0003-4819-158-7-201304020-00003 & DOI: 10.1212/WNL.0b013e318249f6a9

For more meal-planning ideas that incorporate protein foods, visit OldwaysPT.org/Shop

