

# How to get your protein

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Many of you are probably a little shocked to see how much protein is needed for optimal muscle building! Just to make it clear, most of you are not protein deficient but that's not our goal...our goal is to see the results from those workouts! We work hard and what's the point if we can't get stronger from it?

Eating better requires planning, knowledge and a little preparation. Remember, this is a challenge but at the same time you are learning through this process. Like I mentioned yesterday, most people find it difficult to meet their protein needs most likely because they are also not eating sufficient calories. Do not save all your calories for the end of the day, split them somewhat evenly throughout your meals and save some for snacks too (just the way it was give to you)! I am including a list of some foods below for you to see what the average protein content of foods is. Use your app, labels, or other electronic tools to find the protein content of some of your favorite foods. Enjoy the process of eating better!

## **DAIRY**

Greek Yogurt - 12-20 g per 6 oz serving

Cottage Cheese - 14 g per 1/2 cup serving

Cheese - 6-8 g per 1 oz serving

Eggs - 6 g per 1 large egg

Milk - 8 g per 8 oz serving

Ultra-filtered milk (Fairlife) – 13 g per 8 oz

Soy Milk - 8 g per 8 oz serving

## **MEAT**

Steak (top or bottom round) - 23 g per 3 oz serving

Ground Beef (95% lean) - 18 g per 3 oz. serving

Pork Chops (boneless) - 26 g per 3 oz serving

Chicken Breast (boneless & skinless) - 24 g per 3 oz serving

Turkey Breast - 24 g per 3 oz serving

Jerky - 13 g per 1 oz serving

## **FISH**

Fish – 21-25 g per 3 oz serving

Canned tuna - 22 g per 3 oz serving

## **BEANS**

Navy Beans - 20 g per 1 cup serving

Dried Lentils - 13 g per 1/4 cup serving

## **NON-MEAT / NON-DAIRY**

Peanut Butter - 8 g per 2 Tbsp serving

Mixed Nuts - 6 g per 2 oz serving

Tofu - 12 g per 3 oz. serving

Edamame - 8 g per 1/2 cup serving

Green Peas - 7 g per 1 cup serving

Wheat Germ - 6 g per 1 oz. serving

Quinoa - 8 g per 1 cup serving