

How to get your protein

by Maria-Paula Carrillo, MS, RDN, LD

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! What's the point of "Death by Carrie!" 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! I am including 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 content of other 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

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