

# Nutrition news

MARCH 2010

YOUR SOURCE TO RELIABLE HEALTH & NUTRITION INFORMATION

## March is Nutrition Month!

*If you and your workplace would benefit from a Nutrition Lunch-and-Learn Session in the month of March, contact us: [info@danihealth.com](mailto:info@danihealth.com)*

### Protein Check

With the onset of spring-like weather, what we eat and our eating patterns often change. March is the perfect time to re-evaluate aspects of your diet and decide if you are getting enough - or too much - of the 13 essential nutrients, including protein.

#### 1. Begin by calculating how much protein you should be getting on a daily basis.

$$\frac{\text{Weight in pounds}}{2.2} \times 0.8 \text{ grams} = \text{Minimum Daily Protein Needs}$$

#### 2. Keep a food journal for three days, recording everything you eat and drink. Then, add up the protein in your diet using the amounts in foods listed below (and your food labels).

##### Chicken

Chicken breast, 3.5 oz - 30 grams protein  
Chicken thigh - 10 grams (for average size)  
Drumstick - 11 grams  
Wing - 6 grams

##### Fish

Most fish fillets or steaks are about 22 grams of protein for 3 1/2 oz (100 grams) of cooked fish, or 6 grams per ounce  
Tuna, 6 oz can - 40 grams of protein

##### Pork

Pork chop, average - 22 grams protein  
Pork loin or tenderloin, 4 oz - 29 grams  
Ham, 3 oz serving - 19 grams  
Bacon, 1 slice - 3 grams  
Canadian-style/Back bacon, 1 slice - 5 to 6 grams

##### Eggs and Dairy

Egg, large - 6 grams protein  
Milk, 1 cup - 8 grams  
Cottage cheese, 1/2 cup - 15 grams

Yogurt, 1 cup - usually 8-12 grams (check label)  
Soft cheeses - 6 grams per oz  
Medium cheeses - 7-8 grams per oz  
Hard cheeses - 10 grams per oz

##### Vegetarian

Tofu, 1/2 cup 20 grams protein  
Tofu, 1 oz, 2.3 grams  
Soy milk, 1 cup - 6 -10 grams  
Most beans - 7-10 grams protein per half cup cooked beans  
Soy beans, 1/2 cup cooked - 14 grams protein  
Split peas, 1/2 cup cooked - 8 grams

##### Nuts and Seeds

Peanut butter, 2 Tablespoons - 8 grams protein  
Almonds, 1/4 cup - 8 grams  
Peanuts, 1/4 cup - 9 grams  
Cashews, 1/4 cup - 5 grams  
Pecans, 1/4 cup - 2.5 grams  
Sunflower seeds, 1/4 cup - 6 grams  
Pumpkin seeds, 1/4 cup - 19 grams  
Flax seeds - 1/4 cup - 8 grams



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