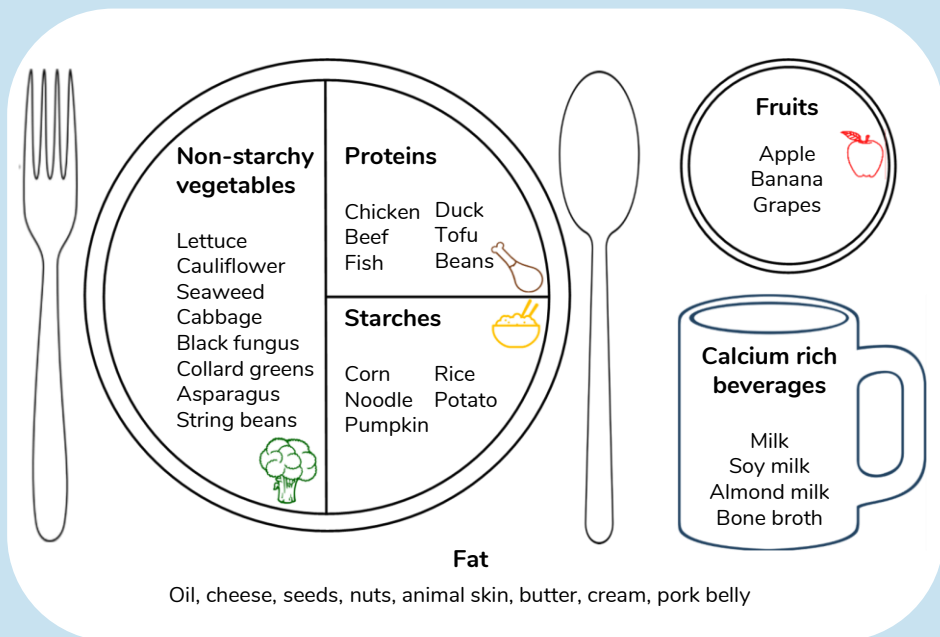


How Much Protein Should You Be Eating?



Why is protein Important?

Protein builds and repairs body tissue and muscle. It makes enzymes and hormones for regulating the activity of cells or organs. Protein also supports the immune system and provides energy to the body.

Types of protein

- ❖ Choose high quality proteins that contain low amounts of saturated fat
- ❖ Vary the choice of protein in meals
- ❖ Avoid red meats; substitute with chicken or fish
- ❖ Examples of high quality proteins: skinless chicken breast, pork loin, fish, soybeans, nut, eggs, low fat dairy

Dietary recommendation of protein intake

- ❖ Recommended dietary allowance (RDA): 0.8g of protein/kg of weight/day for adults over 18 years old, including elderly adults over 65.
- ❖ Protein intake requirement may vary by disease, e.g.:
 - Chronic kidney disease stage: <0.8g protein/kg of weight/day
 - Dialysis: ≥1.2g of protein/kg of weight /day

Dietary Recommendation of Protein Intake			
Weight (lbs)	Healthy adults over 18 years old	Chronic kidney disease	Hemodialysis
80	29 g	< 29 g	≥ 44 g
100	36 g	< 36 g	≥ 55 g
120	44 g	< 44 g	≥ 65 g
140	51 g	< 51 g	≥ 76 g
160	58 g	< 58 g	≥ 87 g
180	65 g	< 65 g	≥ 98 g
200	73 g	< 73 g	≥ 109 g

	Meat (serving size: 1 oz) *1 oz = ~28 g	Protein (g)	Fat (g)	Calories
Very lean	Shrimp, skinless chicken breast, haddock	7	0-1	35
Lean	Salmon, pork, tenderloin, T-bone steak	7	3	55
Medium fat	Meatloaf, pork cutlet, fried chicken	7	5	75
High fat	Ground pork, Polish sausage, salami	7	8	100
Meat Substitute				
Very lean	2 egg whites, ½ cup of dried bean, ½ cup of peas	7	0-1	35
Lean	¼ cup of cottage cheese (4.5% fat)	7	3	55
Medium fat	4 oz or ½ cup of tofu, 1 cup of soy milk, 1 whole egg (medium), 1 oz of mozzarella cheese	7	5	75
High fat	2 tbsp of peanut butter	7	8	100



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