

1979

## CC259 Revised 1979 How Much Protein are You Eating?

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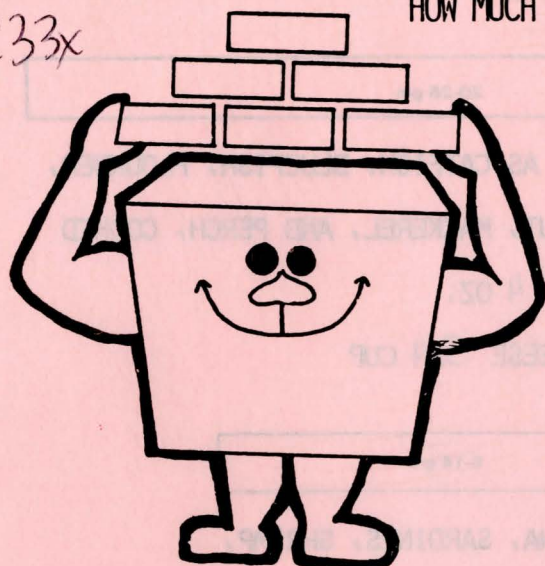
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## HOW MUCH PROTEIN ARE YOU EATING?



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PROTEIN: JUN 17 1983

HELPS BUILD AND REPAIR TISSUES  
FORMS PART OF ENZYMES AND HORMONES  
SUPPLIES SOME ENERGY

## HOW MUCH PROTEIN DO YOU NEED EACH DAY?

<u>CHILDREN</u>		<u>FEMALES</u>	<u>MALES</u>
1 - 3 YEARS	50% (23 gm)	11 - 18 YEARS	105% (46 gm)
4 - 6 YEARS	70% (30 gm)	19 AND OVER	100% (44 gm)
7 - 10 YEARS	75% (34 gm)	EXPECTANT MOTHER	170% (74 gm)
		NURSING MOTHER	145% (64 gm)
		11 - 14 YEARS	100% (45 gm)
		15 AND OVER	125% (56 gm)

Note: In this chart 100% is equal to the N.R.C. 1980 Recommended Daily Dietary Allowances for women 19 and over; other percentages are in relation to it.

## TO CHECK-UP ON THE PROTEIN YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY.  
(IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY PROTEIN NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE TABLE ABOVE).
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR PROTEIN NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.



Extension work in "Agriculture, Home Economics and subjects relating thereto," The Cooperative Extension Service, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln, Cooperating with the Counties and the U.S. Department of Agriculture  
Leo E. Lucas, Director

(OVER)



## PROTEIN IN FOODS--PERCENT OF DAILY NEEDS

50% EACH

20-26 gm

MEAT AND POULTRY, SUCH AS BEEF,  
CHICKEN, HAM, LIVER, PORK,  
TURKEY, AND VEAL, COOKED,  
LEAN ONLY 3 oz.

FISH, SUCH AS CATFISH, BLUEFISH, FLOUNDER,  
HALIBUT, MACKEREL, AND PERCH, COOKED  
FLESH 4 oz.  
COTTAGE CHEESE 3/4 CUP

25% EACH

9-14 gm

BEANS, DRY, COOKED 1 CUP  
CHEESE, SUCH AS AMERICAN, SWISS, OR  
PROCESS CHEESE FOOD 2 oz.

SALMON, TUNA, SARDINES, SHRIMP,  
OYSTERS, COOKED OR CANNED  
2 oz. OR 1/2 CUP

15% EACH

6-8 gm

EVAPORATED MILK 1/2 CUP  
MILK (SKIMMED, 2%, OR WHOLE) 1 CUP  
NONFAT DRY MILK SOLIDS 1/3 CUP  
SOUPS, MADE WITH MILK 1 CUP

YOGURT 1 CUP  
EGG 1 LG.  
PEANUTS 3 TABLESPOONS  
PEANUT BUTTER 2 TABLESPOONS

5% EACH

2-3 gm

ICE CREAM OR ICE MILK 1/3 CUP  
BREAD, ANY KIND 1 SLICE  
QUICK BREADS, SUCH AS PANCAKES,  
WAFFLES, BISCUITS, CORNBREAD  
TORTILLA, OR FRY BREAD  
1 SMALL OR 1/2 LG.  
COOKED CEREALS 1/2 CUP  
READY-TO-EAT CEREALS 3/4 CUP

CAKE OR PIE 1 SLICE  
COOKIES 2 MED.  
PEAS, GREEN COOKED 1/3 CUP  
POTATO, WHITE OR SWEET 1 MED.  
VEGETABLES, COOKED (ANY KIND NOT  
MENTIONED ABOVE) 1 CUP OR  
1 MEDIUM VEGETABLE  
RICE, MACARONI, SPAGHETTI OR NOODLES,  
COOKED 1/2 CUP