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## HEG88-242 How Much Protein Are You Eating?

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Kohn, Harriet, "HEG88-242 How Much Protein Are You Eating?" (1988). *Historical Materials from University of Nebraska-Lincoln Extension*. 803.

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## How Much Protein Are You Eating?

This NebGuide contains information to help you estimate the protein level of one day's food intake or menu. The content pertains to people throughout life.

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*Harriet Kohn, Extension Food and Nutrition Specialist*

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- [How Much Protein Do You Need Each Day?](#)
- [Protein in Foods--Percent of Daily Needs](#)

### Protein:

- Helps build and repair tissues
- Forms part of enzymes and hormones
- Supplies some energy

### How Much Protein Do You Need Each Day?

Children		Females		Males	
1 - 3 Years	50%	11 - 18 Years	105%	11 - 14 Years	100%
4- 6 Years	70%	19 and over	100%	15 and over	125%
7 - 10 Years	75%	Expectant Mother	170%		
		Nursing Mother	145%		
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.

## Protein in Foods--Percent of Daily Needs

### 50% Each

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
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### 25% Each

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 Tofu 3" x 3" x 1" piece
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### 15% Each

Evaporated milk, 1/2 cup Milk (skim, 1%, 2%, or whole), 1 cup Nonfat dry milk solids, 1/3 cup Soups, made with milk, 1 cup	Yogurt, 1 cup Egg, 1 large Peanuts, 3 tablespoons Peanut butter, 2 tablespoons
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### 5% Each

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 large Cooked cereals, 1/2 cup Ready-to-eat cereals, 3/4 cup	Cake or pie, 1 slice Cookies, 2 medium Peas, green, cooked, 1/3 cup Potato, white or sweet, 1 medium Vegetables, cooked (any kind not mentioned above), 1 cup or 1 medium vegetable Rice, macaroni, spaghetti or noodles, cooked, 1/2 cup
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***File HEG242 under: FOOD AND NUTRITION***

***C-2, Nutritive Value of Foods***

*Issued October 1988; 7,500 printed.*

*Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.*

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