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How Much Protein Should I Eat

Protein is a macro-nutrient present in many types of foods, examples include beans, lentils, meat, fish, etc. It is vital for life owing to its great roles and functions in the body. Anytime your body is growing or repairing itself, protein is essential and needed. How much protein you need depends on factors like

Factors Affecting Protein Need

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- Age

- Sex

- Health Status

- Activity level

- Disease condition

- Nutrient requirements.

The body needs a regular supply of protein to make and repair cells and worn-out tissues. In addition to muscles which are made up of protein, other body tissues are primarily made from protein, like organs, hair, and eyes.

Roles of Protein in the Body

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- Fight infection

- Clot blood

- Build and contract muscles

- Keep body fluids in balance

- Carry fats, vitamins, minerals, and oxygen around the body

- Producing vital body structures

- Contributing to Acid-Base Balance

Forming hormones, enzymes, and neurotransmitters

Providing energy

Foods that Contain Protein

Protein can be found in animal-based foods and plant-based foods. [According to the Academy of Nutrition and Dietetics](http://www.eatright.org), some sources of protein are considered better choices than others due to their influence on heart health. Eating plans that include low-fat dairy products, skinless poultry, fish, beans, lentils, and tofu may help improve blood pressure and cholesterol levels.

[Read: Food high in iron](https://bit.ly/3yLeJTS)

Sources Include

Beef

Pork

Skinless chicken

Turkey

Egg

Salmon

Tuna

Cod

Shrimp

Yogurt

Milk

Cheese

Cottage cheese

Beans

Split peas

Lentils

Soy

Walnuts

Almonds

Chia seeds

Pumpkin

seeds

<li style="text-align: left;">Pasta

<li style="text-align: left;">White rice

<li style="text-align: left;">Brown
rice

<div style="text-align: left;">It is advisable to limit
protein foods that are in saturated fats such as fried chicken, hot dogs, organ meats, processed
meats, sausage, bacon, whole-fat dairy products, etc. This could be high in saturated fat. High
intakes of saturated fat may increase the risk of heart disease.</div>

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<h3 style="text-align: left;"><span style="font-family: 'Times New Roman', serif; font-size:
14pt;">Getting the Right Amount of Protein</h3>

<div style="text-align: left;">Most healthy
individuals should aim for the Recommended Dietary Allowance of protein for their age and sex.
Individuals who are very physically active, are pregnant or breastfeeding or who have certain
medical conditions may need more protein. Varying your protein choices is also
recommended.</div>

<div style="text-align: left;">American MyPlate
includes general protein recommendations for individuals ages 2 and above</div>

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<div style="overflow-x: auto;">

<table class="table table-bordered">

<tbody>

<tr>

<td>Age</td>

<td>Sex</td>

<td>Daily Protein Recommendation</td>

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<tr>

<td>2-3 years</td>

<td>Female and Male</td>

<td>2-ounce equivalents</td>

</tr>

<tr>

<td>4-8 years</td>

<td>Female and Male</td>

<td>4-ounce equivalents</td>

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<tr>

<td>9-13 years</td>

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<td><span style="font-size: 14pt;">Female and Male</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
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<tr>
<td><span style="font-size: 14pt;">14-18 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">14-18 years</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">6.5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">19-30 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">19-30 years </span></td>
<td><span style="font-size: 14pt;">Male</span></td>
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</tr>
<tr>
<td><span style="font-size: 14pt;">31-50 years</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
<td><span style="font-size: 14pt;">5- ounce equivalents</span></td>
</tr>
<tr>
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<tr>
<td><span style="font-size: 14pt;">51 years and older</span></td>
<td><span style="font-size: 14pt;">Female</span></td>
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<div style="text-align: left;"> </div>

<div style="text-align: left;">These recommendations for protein are provided in one-ounce equivalents. One-ounce equivalents of protein foods include:</div>

<li style="text-align: left;">One ounce of cooked meat, poultry or fish

<li style="text-align: left;">¼ cup cooked beans

<li style="text-align: left;">1 egg

<li style="text-align: left;">1 tablespoon peanut butter

<li style="text-align: left;">½ ounce nuts or seeds

<div style="text-align: left;">But, most common servings of protein foods include more than one ounce of protein. For example, a piece of meat about the size of a deck of cards, a can of drained tuna, and a small chicken breast half are about three ounce-equivalents of protein each. In addition, whole grain and dairy foods contain protein.</div>

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<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Try Nutrisoft free service<br style="font-family: system-ui, -apple-system, 'Segoe UI', Roboto, 'Helvetica Neue', Arial, 'Noto Sans', 'Liberation Sans', sans-serif, 'Apple Color Emoji', 'Segoe UI Emoji', 'Segoe UI Symbol', 'Noto Color Emoji'; font-size: 16px;" />Ask a nutritionist</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><a style="font-family: system-ui, -apple-system, 'Segoe UI', Roboto, 'Helvetica Neue', Arial, 'Noto Sans', 'Liberation Sans', sans-

serif, 'Apple Color Emoji', 'Segoe UI Emoji', 'Segoe UI Symbol', 'Noto Color Emoji'; background-color: #ffffff;" href="https://bit.ly/3fkewjw" target="_blank" rel="noopener">Nutrition Calculator</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Normal Laboratory Values</blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;">Medical Abbreviations</blockquote>

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