

Nutrisoft : [www.nutrisoft.xyz](http://www.nutrisoft.xyz)

How Much Protein Should I Eat

&nbsp;

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

- 

- 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

- 

- 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

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Forming hormones, enzymes, and neurotransmitters</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Providing energy</span></li>

</ul>

<h3 style="text-align: left;"><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">Foods that Contain Protein</span></h3>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Protein can be found in animal-based foods and plant-based foods. <a href="http://www.eatright.org" target="\_blank" rel="noopener">According to the Academy of Nutrition and Dietetics</a>, 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.</span></div>

<div style="text-align: center;"><span style="font-size: 14pt;"><a href="https://bit.ly/3yLeJTS" target="\_blank" rel="noopener">Read: Food high in iron</a></span></div>

<div style="text-align: left;"><span style="font-family: 'Times New Roman', serif; font-size: 14pt;"><strong>Sources Include</strong></span></div>

<ul>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Beef</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Pork</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Skinless chicken</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Turkey</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Egg</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Salmon</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Tuna</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Cod</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Shrimp</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Yogurt</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Milk</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Cheese</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Cottage cheese</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Beans</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Split peas</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Lentils</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Soy</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Walnuts</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Almonds</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Chia seeds</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Pumpkin

seeds</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Pasta</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">White rice</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">Brown  
rice</span></li>

</ul>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">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.</span></div>

<div><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>

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

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">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.</span></div>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;"><a  
href="https://www.choosemyplate.gov/" target="\_blank" rel="noopener">American MyPlate  
</a>includes general protein recommendations for individuals ages 2 and above</span></div>

<div><span style="font-family: roboto; font-size: 14pt;">&nbsp;</span></div>

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

<table class="table table-bordered">

<tbody>

<tr>

<td><span style="font-size: 14pt;">Age</span></td>

<td><span style="font-size: 14pt;">Sex</span></td>

<td><span style="font-size: 14pt;">Daily Protein Recommendation</span></td>

</tr>

<tr>

<td><span style="font-size: 14pt;">2-3 years</span></td>

<td><span style="font-size: 14pt;">Female and Male</span></td>

<td><span style="font-size: 14pt;">2-ounce equivalents</span></td>

</tr>

<tr>

<td><span style="font-size: 14pt;">4-8 years</span></td>

<td><span style="font-size: 14pt;">Female and Male</span></td>

<td><span style="font-size: 14pt;">4-ounce equivalents</span></td>

</tr>

<tr>

<td><span style="font-size: 14pt;">9-13 years</span></td>

```
<td><span style="font-size: 14pt;">Female and Male</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;">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&nbsp;</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;">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>
<td><span style="font-size: 14pt;">31-50 years</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">6-ounce equivalents</span></td>
</tr>
<tr>
<td><span style="font-size: 14pt;">51 years and older</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;">51 years and older&nbsp;</span></td>
<td><span style="font-size: 14pt;">Male</span></td>
<td><span style="font-size: 14pt;">5.5-ounce equivalents</span></td>
```

</tr>

</tbody>

</table>

</div>

<div><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>

<div style="text-align: left;"><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">These recommendations for protein are provided in one-ounce equivalents. One-ounce equivalents of protein foods include:</span></div>

<ul>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">One ounce of cooked meat, poultry or fish</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">&frac14; cup cooked beans</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">1 egg</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">1 tablespoon peanut butter</span></li>

<li style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">&frac12; ounce nuts or seeds</span></li>

</ul>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;">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.</span></div>

<div><span style="font-family: 'Times New Roman', serif; font-size: 14pt;">&nbsp;</span></div>

<div>&nbsp;</div>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><span 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: 14pt;">Try Nutrisoft free service</span><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;" /><span style="font-size: 14pt;"><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/3zoQXOb" target="\_blank" rel="noopener">Ask a nutritionist</a></span></blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><span style="font-size: 14pt;"><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</a></span></blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><span style="font-size: 14pt;"><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/3lgXYwF" target="\_blank" rel="noopener">Normal Laboratory Values</a></span></blockquote>

<blockquote style="font-size: 16.7px; background: transparent; margin-top: 0pt; margin-bottom: 0pt; text-align: left; color: #0e101a;"><span style="font-size: 14pt;"><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/3jeXWTE" target="\_blank" rel="noopener">Medical Abbreviations</a></span></blockquote>

<div>&nbsp;</div>

<div><span style="font-family: 'Times New Roman', serif;">&nbsp;</span></div>