



An EHHD Wellness Program

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Eat Well !

Protein

Protein-rich foods provide amino acids – the building block for all muscle in your body. Our bodies can make some amino acids, but there are nine that cannot be made by the human body and must be eaten daily to stay healthy. These are called 'Essential Amino Acids', and are the following:

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

Although dietary protein is important for optimum health, many Americans consume well over the Recommended Dietary Allowance (RDA) for this nutrient on a regular basis. For an average healthy adult, the RDA is 0.8g per kg body weight. For athletes in endurance sports, the need for dietary protein is slightly greater, at 1g to 1.2g per kg body weight. For athletes in resistance training or sports, the RDA is adequate.

Dietary Protein RDA

For every 50 pounds of body weight the RDA for lean protein is approximately 18 grams per day.

125 pounds = 45g protein/day
150 pounds = 54g protein/day

Whether or not you eat animal protein, everyone should remember that *variety* is the key to a healthy diet. *Do not rely on one source of protein every day.*

Quinoa

A traditional South American food, quinoa is a seed that is used as a grain. Rich in many nutrients (as a whole grain), it is also a complete source of protein.

Complementary Proteins

Most non-animal sources of protein do not contain all nine essential amino acids, and must be eaten in combination to make a 'complete protein'. This is easy to do (and fairly intuitive), just remember these combinations:

GRAINS + LEGUME
LEGUME + NUTS or SEEDS
GRAIN + DAIRY

Sources of High-Quality Protein

Animal

1 medium egg = 6g
3 oz cooked fish = 21g
3 oz lean meat = 21g
1 cup milk = 8g
1 oz cheese = 7g

Plant

½ cup peanuts = 19g
3 oz firm tofu = 14g
1 cup cooked oats = 6g
½ cup legumes = 7-8g
1 oz bread/cereal = 3g
½ cup pasta/rice = 3g
1 oz nuts = 5g