

Why Protein?

Not just for muscle – protein is the building block for all of your body structure (skin, bones, nerves, organs).

The enzymes that control every chemical reaction in your body are made of proteins.

The immune system is composed of thousands of specialized cells primarily made of protein.

Protein can be very important for weight management because it promotes satiety in the short term and supports muscle growth in the long term

How much Protein?

Current RDA is 0.36g per pound of body weight... For a 150 pound woman this is about 54 grams

BUT older people, active people, and women may all need more!

Some research suggests anywhere from 0.5g to 0.9g of protein per pound of body weight for older active women – that's 75g to 135g That's a LOT of protein!

What kind of Protein?

Using a goal of 25 grams of protein per meal or snack:

- Peanut Butter – half a cup, 760 calories
- Lentils – one and a half cups, 345 calories
- Chicken Breast – half a cup, 115 calories

In addition, the protein in chicken is more bioavailable than the protein in peanut butter or lentils, so you absorb more of it.

