

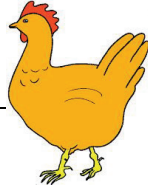
Protein Sources: A Head-to-Head Comparison

A food's worth is not judged by grams of protein alone! Look at the bigger picture.

Each serving below is **100g** (about $\frac{1}{2}$ cup or 3.5 oz).

Chicken

Breast, meat only, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 164 Calories from Fat 32

% Daily Value

Total Fat 4g 5%

Saturated fat 1g 5%

Cholesterol 85mg **28%**

Sodium 74 mg 3%

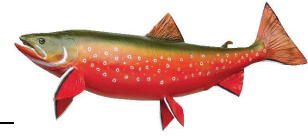
Total Carbohydrate 0g 0%

Dietary Fiber 0g **0%**

Protein 31g

Salmon

Atlantic, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 208 Calories from Fat 121

% Daily Value

Total Fat 13g **21%**

Saturated fat 3g **15%**

Cholesterol 55mg **18%**

Sodium 59mg 2%

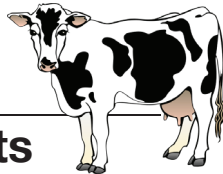
Total Carbohydrate 0g 0%

Dietary Fiber 0g **0%**

Protein 20g

Steak

Trimmed to 1/8" fat, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 189 Calories from Fat 100

% Daily Value

Total Fat 11g **17%**

Saturated fat 4g **22%**

Cholesterol 41mg **14%**

Sodium 53mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g **0%**

Protein 21g

Nutrition facts from www.NutritionData.com.

Beans

Black, boiled



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 132 Calories from Fat 5

% Daily Value

Total Fat 1g 1%

Saturated fat 0g 1%

Cholesterol 0mg **0%**

Sodium 1mg 0%

Total Carbohydrate 24g 8%

Dietary Fiber 9g **35%**

Protein 9g

Cholesterol is only found in **animal-based foods**. These foods are also our main source of **saturated fat**, which our bodies can turn into cholesterol. **Fiber** helps to lower our cholesterol and is only found in **plant-based foods**.

How much protein does the average person need each day?

Multiply your body weight (kg) by 0.66 to calculate your **Estimated Average Requirement (EAR)**.

| | 125 lb | 175 lb | 225 lb | 275 lb |
|-------------------------------------|-------------|-------------|-------------|-------------|
| Estimated Average Requirement (EAR) | 38 g | 52 g | 67 g | 82 g |
| Average intake by U.S. adults | 68-86 g | 96-120 g | 122-153 g | 150-187 g |

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