

Plant-Based Protein Sources:
Delicious and nutritious protein from the plant world
Ho'opomaika'i Nutrition and Fitness Fair
July 5th, 2015

How Much Food from the Protein Foods Group is Needed Daily?

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods.



Recommended daily amounts are shown in the chart.

Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

(www.choosemyplate.gov)



What Counts as an Ounce Equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.



The chart lists specific amounts that count as 1 ounce equivalent in the Protein Foods Group towards your daily recommended intake:

	Amount that counts as 1 ounce equivalent in the Protein Foods Group	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef	1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents
	1 ounce cooked lean pork or ham	1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey (4 ½ x 2 ½ x 1/8")	½ Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	3 egg whites = 2 ounce equivalents 3 egg yolks = 1 ounce equivalent
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)	1 ounce of nuts or seeds = 2 ounce equivalents
	½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted)	
	1 Tablespoon of peanut butter or almond butter	
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans)	1 cup split pea soup = 2 ounce equivalents 1 cup lentil soup = 2 ounce equivalents 1 cup bean soup = 2 ounce equivalents
	¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas)	
	¼ cup of baked beans, refried beans	
	¼ cup (about 2 ounces) of tofu	1 soy or bean burger patty = 2 ounce equivalents
	1 oz. tempeh, cooked	
	¼ cup roasted soybeans 1 falafel patty (2 ¼", 4 oz) 2 Tablespoons hummus	

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size	Calories	Protein (g)
Chicken, skinless	3 oz	141	28
Steak	3 oz	158	26
Turkey, roasted	3 oz	135	25
Lamb	3 oz	172	23
Pork	3 oz	122	22
Ham	3 oz	139	14
Egg, large	1 egg	71	6

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Lobster	3	76	16
Scallops	3	75	14

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories	Protein (g)
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas	½	134	7
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Kamut	½	126	6
Lima Beans	½	105	6
Quinoa	½	111	4
Peas, Green	½	59	4
Spinach, cooked	½	41	3

Nuts and Seeds:

Food	Serving Size	Calories	Protein (g)
Soy Nuts	1 oz	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts	1 oz	166	7
Peanut Butter	1 Tbsp	188	7
Almonds	1 oz	163	6
Pistachios	1 oz	161	6
Flax Seeds	1 oz	140	6
Sunflower Seeds	1 oz	140	6
Chia Seeds	1 oz	138	5
Walnuts	1 oz	185	4
Cashews	1 oz	162	4

Dairy Products:

Food	Serving Size	Calories	Protein (g)
Greek Yogurt	6 oz	100	18
Cottage Cheese (1% fat)	4 oz	81	14
Regular Yogurt (nonfat)	1 cup	100	11
Milk, Skim	1 cup	86	8
Soy milk	1 cup	132	8
Mozzarella (part skim)	1 oz	72	7
String Cheese (nonfat)	1 piece (0.75 oz)	50	6

(www.todaysdietitian.com)


REFERENCE
Visual Guide to Plant-Based Protein



(www.thriveforward.com)

Quality of Food Matters!!!

- Substituting plant-based protein foods for foods high in carbohydrates has been shown in many studies to reduce the risk for heart disease, stroke, cancer and diabetes².
- Eating a large variety of foods ensures adequate intake of all nutrients and the nine essential amino acids
- Changing to a more plant-based diet can sometimes cause people to have more gas and bloating. This is an indication of a problem in the digestive process and decreased absorption of nutrients. Visit a naturopathic or functional medicine doctor to work on strengthening your digestive system if this happens to you.

Always read ingredient labels



Strategies for buying products made with Whole Grains²:

- Look for products that list whole grain(s) as the first ingredient(s).
- Look for whole-grain products that contain at least 2 grams of fiber per serving, since whole-grain foods are rich in fiber.
- Look for products that display this health claim, “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers.” Products displaying this health claim must contain at least 51% whole grain by weight.
- Look for whole-wheat pasta that lists whole-wheat flour as the first ingredient. Most pasta is made from refined semolina or durum wheat flour.

Dr. De Soto’s Favorite Plant-based Recipe Resources:

- <http://yumuniverse.com/>
- <http://www.101cookbooks.com/>
- <http://minimalistbaker.com/>

Web Resources:

1. <http://www.todaysdietitian.com/pdf/webinars/ProteinContentofFoods.pdf>
2. <http://lpi.oregonstate.edu/mic/food-beverages/whole-grains>
3. <http://www.choosemyplate.gov/food-groups/protein-foods.html>
4. <http://thriveforward.com/>



Notes: