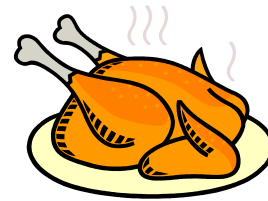


Protein

Proteins are mass collections of Amino Acids that aid in growth, tissue replacement, tissue repair, antibody and enzyme action, and hormonal balance.



The Recommended Dietary Allowances of Protein consumption per day for these specific diet specifications are as follows:

Male or Female	Type of Diet	Protein (grams)
Adult Male	Animal Based	63
Adult Male	Non-Animal Based	63-79
Adult Female	Animal Based	50
Adult Female	Non-Animal Based	50-63

Animal Based Foods

Food Description	Serving Size	Grams of Protein
Ice Cream, vanilla	½ cup	2
Frozen Yogurt, vanilla	½ cup	3
Whole wheat bread	1 slice	3
Yogurt, low fat	6 oz.	5
Egg, whole	1 large	6
Cheese, cheddar	1 oz.	7
Milk, 1%	1 cup	8
Pizza, cheese	1 slice	8
Cow's milk	1 cup	8
Fish, cod, Atlantic	3 oz.	19
Fish, salmon, farmed	3 oz.	19
Beef, ground, lean	3 oz.	21
Flounder, baked	3 oz.	21
Sirloin steak	3 oz.	24
Pork roast	3 oz.	25
Chicken Breast	3 oz.	27
Cottage Cheese, 1%	1 cup	28

Non-Animal Based Foods

Food Description	Serving Size	Grams of Protein
Apple, raw with skin	1 medium	<1
Hummus, commercial	1 tablespoon	1
Banana, raw	1 medium	3
Cereal	1 cup	3
Potato	1 medium (6 oz.)	4
Brown rice, cooked	1 cup	5

Almond butter	2 Tbsp	5
Cashews	¼ cup	5
Whole wheat bread	2 slices	5
Broccoli, cooked	1 cup	5
Almonds	¼ cup	6
Sunflower seeds	¼ cup	6
Bulgar, cooked	1 cup	6
Soy yogurt, plain	6 ounces	6
Spinach, cooked	1 cup	6
Spaghetti, cooked	1 cup	7
Peanut Butter, smooth	2 tablespoons	8
Textured vegetable protein (TVP), cooked	½ cup	8
Peas, cooked	1 cup	9
Bagel	1 medium (3 oz.)	9
Tofu, regular	4 ounces	2-10
Soymilk, commercial, plain	1 cup	3-10
Quinoa, cooked	1 cup	11
Beans, pinto, canned	1 cup	12
Vegetarian baked beans	1 cup	12
Black-eyed peas, cooked	1 cup	13
Pinto beans, cooked	1 cup	14
Tofu, firm	4 ounces	8-15
Kidney beans, cooked	1 cup	15
Lima beans, cooked	1 cup	15
Black beans, cooked	1 cup	15
Chickpeas, cooked	1 cup	15
Lentils, cooked	1 cup	18
Veggie burger	1 patty	5-24
Veggie dog	1 link	8-26
Beans, soy, mature, cooked	1 cup	29
Soybeans, cooked	1 cup	29
Tempeh	1 cup	31
Seitan	4 ounces	15-31

Source: www.vrg.org



Below are sample menus to help guide you in a balanced diet that satisfies your protein requirement.

	Food Description #1	Protein (grams)
Breakfast	1 cup Oatmeal	6
	1 cup Soymilk	9
	1 Bagel	9
Lunch	2 slices Whole Wheat Bread	5
	1 cup Vegetarian baked beans	12
Dinner	5 oz. firm Tofu	16
	1 cup cooked Broccoli	5
	1 cup cooked Brown rice	5
	2 Tbsp Almonds	3
Snack	2 Tbsp Peanut butter	8
	6 Crackers	2
Total	-----	80
	Food Description #2	Protein (grams)
Breakfast	2 slice Whole wheat toast	5
	2 Tbsp Peanut butter	8
Lunch	1 cup Soy yogurt	12
	2 Tbsp Almonds	3
	1 Baked potato	4
Dinner	1 cup cooked Lentils	18
	1 cup cooked Bulgar	6
Snack	1 cup Soymilk	9
Total	-----	65