The Power of Protein!

Protein is an essential nutrient in our diet. While it has a reputation for building muscle, it also has many other roles in our bodies. It keeps our hair and skin strong, and it functions as enzymes and hormones. Protein will also help the body heal after a workout or repair tissues after an injury or illness. Adding protein to each meal will help you to feel fuller longer.

What foods are good sources of protein?

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Grams of Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground sirloin or</td>
<td>3 oz.</td>
<td>21</td>
</tr>
<tr>
<td>Fish (tuna, salmon,</td>
<td>3 oz.</td>
<td>21</td>
</tr>
<tr>
<td>Tofu or Tempeh</td>
<td>1/2 cup</td>
<td>20</td>
</tr>
<tr>
<td>Plain Greek yogurt</td>
<td>6 oz.</td>
<td>18</td>
</tr>
<tr>
<td>Milk (cow’s milk)</td>
<td>8 oz.</td>
<td>8</td>
</tr>
<tr>
<td>Egg</td>
<td>1 egg</td>
<td>7</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 tablespoons</td>
<td>7</td>
</tr>
<tr>
<td>Black beans or</td>
<td>1/2 cup</td>
<td>7</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 slice (1 oz.)</td>
<td>7</td>
</tr>
<tr>
<td>Nuts (peanuts, almonds, cash-</td>
<td>1 oz.</td>
<td>6</td>
</tr>
<tr>
<td>Yogurt</td>
<td>6oz.</td>
<td>5-6</td>
</tr>
</tbody>
</table>
How much protein do you need?

The Recommended Dietary Allowance for protein is 0.8 grams/kilogram of body weight. Endurance and strength athletes have higher protein requirements and need between 1.2-1.7 g/kg of body weight.

<table>
<thead>
<tr>
<th></th>
<th>Weight in kg (lbs /2.2 = kg)</th>
<th>Protein needed (kg x 0.8 grams)</th>
<th>Protein for endurance or strength athletes (kg x 1.2-1.7 grams )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male (180 lbs)</td>
<td>180/2.2 = 82 kg</td>
<td>82 x 0.8 = 66 g</td>
<td>82 x 1.4 = 115 g</td>
</tr>
<tr>
<td>Female (140 lbs)</td>
<td>140/2.2 = 63.5 kg</td>
<td>63.5 x .8 = 51 g</td>
<td>63.5 x 1.4 = 89 g</td>
</tr>
</tbody>
</table>

How can you add protein to your meals?

Breakfast:
- Add nuts to your oatmeal
- Have scrambled eggs

Snack:
- Mix yogurt with fresh or frozen fruit
- Blend a smoothie of milk, peanut butter and fruit

Lunch:
- Add canned tuna or chicken to your salad
- Add beans to your quesadilla

Snack:
- Try hummus with vegetables or pita chips
  (Hummus is made from garbanzo beans)
- Mix 1/4 cup of nuts with 1/4 cup of dried fruit

Dinner:
- Try a side salad with quinoa
- Add tofu to your stir fry

Desert:
- Make brownies with black beans

Black Bean Brownie Recipe

These brownies are lower in fat and have more fiber and protein

**Ingredients:**
- 1 box any commercial prepared brownie mix
- 1 15.5-ounce can black beans

**Directions:**
1. Open can of beans.
2. Pour liquid from beans into a measuring cup, note measurement and discard. Replace bean liquid with the same amount of water.
3. Rinse beans in colander until bubbles stop forming.
4. Puree beans in blender or food processor.
5. Mix thoroughly with brownie mix. (No eggs, oil or other ingredients needed.)
6. Spray 9” x 9” baking pan with non-stick spray.
7. Bake according to package directions.
Check out our great nutrition programs & services!

Resting Metabolic Rate

Do you wish you knew how much to eat each day for optimal energy, performance, and balance? Our metabolic rate monitor can determine your basic calorie needs in a 30-minute appointment, and we can provide recommendations based on your activity or weight goals. Cost: $75. Half price for CSU employees. See website or call for details.

Healthy You: Weight Management and Mindful Eating Program

This fun (research-based) 10 week curriculum promotes healthy eating without deprivation or dieting. Hands-on activities, snacks, and exercises help you understanding hunger, portions, labels, menu planning, physical activity, and more. Tuesdays, September 11-November 13.

- Time: 12-1 pm or 6-7 pm
- Cost: $175 ($87.50 for CSU students and employees)
- Special: Register with a partner and each save $50 (not combined with CSU discount)

Nutrition Counseling and Education

Our Registered Dietitians provide assessment of your diet along with individualized advice, goal setting, and meal planning for all needs, including gluten intolerance, diabetes, weight management, pregnancy, heart disease, other conditions, and of course prevention of disease. Cost: $50. Half price for CSU employees. See website or call for details.

Cooking Classes

Our International Series continues as we travel around the world… at least with our nutritious, delicious recipes. Each class provides you with a packet of recipes and nutrition information, as well as a satisfying meal. Note: we have added evening classes!

- September 19 - Caribbean
- October 24 - Spain
- November 28 - Mexico
- Time: 12-1 pm or 6-7 pm
- Cost: $20 per class ($10 for CSU students and employees)
- Special: Register in advance for all 3 classes for just $50 ($25 for CSU students & employees)

Location for all activities: Room 114, Gifford building on the CSU campus

Visit our website for more information!

Nutrition Connection