

18. PROTEIN RECOMMENDATIONS

NAME: _____

HEALTHY BODY WEIGHT(lbs): 145 Kg: 65.9 _____

RDA for protein = 0.8 g/ Kg X body weight = 53 grams _____

HOW PHYSICALLY ACTIVE ARE YOU? NOT VERY _____

2X RDA for protein (based on activity) 106 grams _____

DAILY PROTEIN INTAKE

Food	amt	grams of protein	complete	incomplete protein
Cheerios	1 cup	2		X
2% milk	3/4 cup	6	X	
Frosted jelly Danish pastry	4.5 in diam	5		X
Café mocha	2 c.	11	X	
Whipped cream	4 Tbs.	1	X	
Flour tortilla, 10 inches	1	6		X
Grated American cheese	2 oz.	12	X	
Tomato based salsa	3 Tbs.	0.4		X
Refried beans	3/4 cup	10.5		X
Mexican rice	1/2 cup	2.5		X
Tortilla chips	10	1		X
Guacamole	1/4 c	1		X
Luna Energy bar	1.5 oz	10		X
Fried tofu (1 tsp oil)	1/2 cup	8		X

Fried chicken (1 tsp oil)	3 oz.	27.6	X	
Steamed white rice	1 cup	4		X
Steamed asparagus	1/4 cup	1		X
Coke	12 fl. Oz	0		
Choc cake with icing (1/12 cake)	9" diam.	4		X
Red wine	4 fl. Oz	0		
TOTAL INTAKE		113		