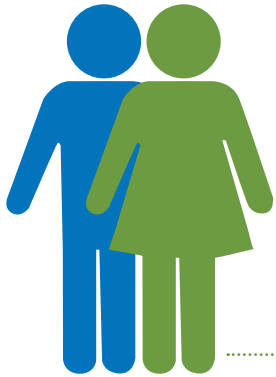


PROTEIN101

How many grams of protein should I have each day?



Divide **your weight** by 2.2,
then, multiply by 0.8. =
_____ **grams per day**

For example:

$$150 \text{ lbs} \div 2.2 = 68.2$$


$68.2 \times 0.8 = 54.5$ grams of
protein each day



Eat protein
with all **3 meals**
to get energy
throughout
the day.

What is protein?

Proteins are large molecules made of amino acids that help us build and repair muscle.



If you don't get enough protein, your body will break down the muscle you already have.

2 types of protein:

Complete protein

- There are 9 essential amino acids the body can't produce. We get these from complete proteins.

Example: Meat, fish, eggs, dairy and soy

Incomplete protein

- Eating different types of incomplete protein during the day gives you the benefits of complete protein.

Example: Beans, nuts and most whole grains

What is a protein portion size?

- **3 ounces**

of red meat, poultry or seafood
(the size of a deck of cards)

- **1/3 cup of nuts**

(the size of a pool ball)

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