Whole Lifecycle NUTRITION

# YOUR ULTIMATE GUIDE TO PROTEIN



# WHAT'S INSIDE

Whole Lifecycle NUTRITION


- Understanding Protein
- Types of Protein
- What are Amino Acids
- High Protein Food Sources
- Can You Get Too Much Protein?
- Tips for Adding More Protein To Your Diet

# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## WHAT IS PROTEIN?

Protein is a nutrient your body uses to grow, heal, and stay healthy. Every cell in your body contains protein. It's found in your muscles, bones, skin, hair, and internal organs.

**Here are just a few things protein helps with:**

- Building and repairing muscles and tissues
- Making hormones and enzymes
- Supporting the immune system
- Carrying oxygen in your blood

Without enough protein, your body can't do these important jobs well. You may feel tired, lose muscle, or get sick more often.

Protein is especially important during:

- Growth (childhood and teen years)
- Pregnancy and breastfeeding
- Illness or recovery from injury
- Aging, to help prevent muscle loss

## HOW MUCH DO YOU NEED?

Your daily protein needs depend on your age, weight, activity level, and health status. Here's a closer look at the recommendations for different life stages:

**Adults**

- Aim for 1.2–1.6 grams of protein per kilogram of body weight per day
- *Example: a 150 lb (68 kg) person would aim for about 82–109 grams/day*

**Children and Teens***

- Because growth, body size, and activity levels vary, check with your healthcare provider for a specific daily protein target.

**Athletes**

- 1.4–2.0 grams of protein per kilogram of body weight per day

# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

These are general guidelines based on average needs. Individual needs can vary, especially with lifestyle, body size, or those with medical conditions like kidney disease. Always talk with your healthcare provider to determine what protein goal is right for you.

**This range applies to children old enough to eat a varied diet of everyday foods - talk to your healthcare provider about protein needs for infants and toddlers.*

Not all proteins are the same. The type of protein matters because it affects how your body uses the protein and whether you're getting all the essential amino acids.

## TYPES OF PROTEIN

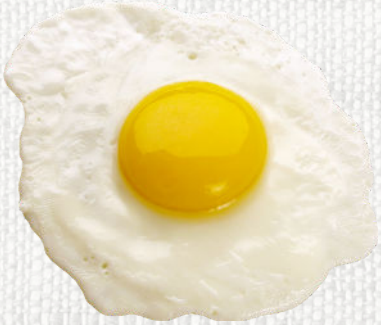
Not all proteins are the same. The type of protein matters because it affects how your body uses the protein and whether you're getting all the essential amino acids.

### COMPLETE

Complete proteins provide all 9 essential amino acids your body can't make on its own. Typically found in animal products & some plant-based prodcuts like quinoa or soy.









# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

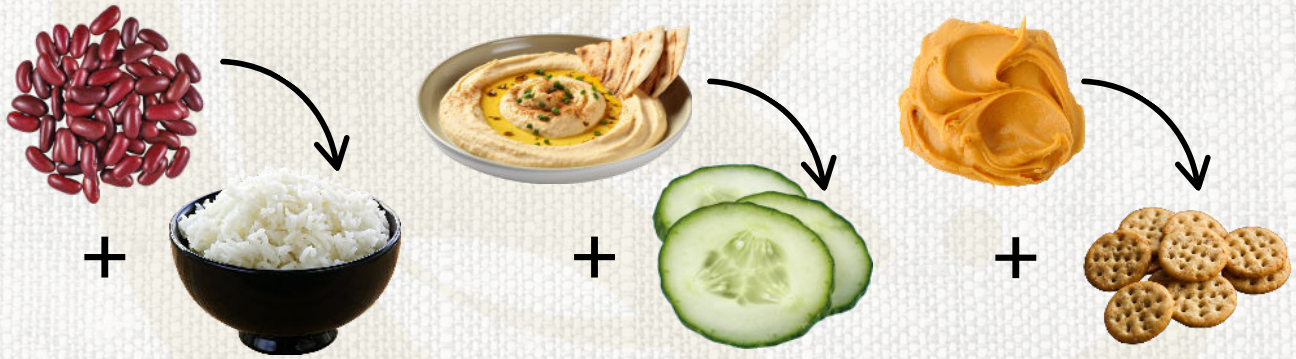
## INCOMPLETE

Incomplete proteins are low in one or more essential amino acids. You can still meet your needs by combining different plant-based foods throughout the day.

Examples:

- Beans and rice
- Peanut butter on whole wheat toast
- Hummus with pita bread and vegetables

You don't have to eat complementary proteins in the same meal. Eating a variety throughout the day works fine.



## HIGH PROTEIN FOOD SOURCES

**Animal-Based Protein**

Animal products typically contain complete protein. They're also good sources of iron, vitamin B12, and zinc.

# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

**Top picks:**

- Chicken breast (26g per 3 oz)
- Turkey (25g per 3 oz)
- Eggs (6g per egg)
- Tuna (20g per 3 oz)
- Greek yogurt (15–20g per cup)
- Cheese (7g per ounce)
- Milk (8g per cup)






**Plant-Based Protein**

Plant proteins are often lower in fat and calories, and they also contain fiber and antioxidants.

**Top picks:**

- Chicken breast (26g per 3 oz)
- Turkey (25g per 3 oz)
- Eggs (6g per egg)
- Tuna (20g per 3 oz)
- Greek yogurt (15–20g per cup)
- Cheese (7g per ounce)
- Milk (8g per cup)






*Including a variety of plant proteins can fully meet your protein needs without relying on meat.*

## CAN YOU GET TOO MUCH PROTEIN?

While protein is important, too much of it can cause problems, especially if it replaces other healthy foods like fruits, vegetables, and whole grains.

# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## POTENTIAL CONCERNS

While protein is important, too much of it can cause problems, especially if it replaces other healthy foods like fruits, vegetables, and whole grains.

*You don't need protein shakes or supplements unless advised by a healthcare provider. Most people can get what they need from food.*

## TIPS FOR ADDING MORE PROTEIN

Adding protein doesn't have to be complicated. Here are simple ways to include it in your meals and snacks:

**Breakfast:**
- Add eggs, nut butter, or Greek yogurt
- Sprinkle seeds (chia, flax, or hemp) on cereal or oatmeal

**Lunch:**
- Include beans, tofu, or lean meat in soups, salads, and sandwiches
- Try hummus as a spread or dip

**Dinner**:
- Choose a protein-rich main like salmon, chicken, or tempeh
- Mix in quinoa, lentils, or black beans as side dishes

**Snacks:**
- Snack on nuts, hard-boiled eggs, string cheese, or protein-rich smoothies
- Use trail mix or roasted chickpeas for crunch and protein

# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## TROPICAL PROTEIN SMOOTHIE

**SERVINGS: 1** **PREPPING TIME: 10 MIN** **COOKING TIME: 10 MIN**

### INGREDIENTS

- 1 serving vanilla protein powder, plant-based or whey (or equivalent of 20 grams protein)
- 1/2 cup pineapple, fresh, chopped (or frozen)
- 1 1/2 cups almond milk, unsweetened (or milk of choice)
- 1/3 cup kale, spines removed and chopped
- 1 tsp coconut oil, melted
- 1/2 lime, juiced

### DIRECTIONS

**Prep**

- Chop pineapple [or used frozen chunks]
- Remove spines from kale and chop leaves.

**Make**

- Place all ingredients in a high-speed blender and process until smooth.

**Nutrition Facts**

**Calories** 273 per serving

| Amount/serving | % Daily Value* |
|---|---|
| **Total Fat** 11.6g | 17% |
| Saturated Fat 4.3g | 21% |
| *Trans* Fat 0.0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 288mg | 12% |

| Amount/serving | % Daily Value* |
|---|---|
| **Total Carbohydrates** 23g | 7% |
| Dietary Fiber 2g | 8% |
| Total Sugars 11g | |
| **Protein** 22g | |

Vitamin D 4mcg 39% · Calcium 752mg 75% · Iron 1mg 8% · Potassium 381mg 8%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## PEARS WITH NUT BUTTER AND HEMP SEEDS

**SERVINGS: 2** **PREPPING TIME: 5 MIN** **COOKING TIME: 5 MIN**

### INGREDIENTS

- 2 cups Greek yogurt, 2%
- 1/4 cup peanut butter powder
- 2 pears, sliced
- 2 Tbs hemp seeds

### DIRECTIONS

**Prep**

- Mix peanut butter powder into the yogurt.

**Make**

- Spread on pear slices or dip, sprinkle with hemp seeds, and enjoy!

**Nutrition Facts**

**Calories** per serving **326**

| Amount/serving | % Daily Value* |
|---|---|
| **Total Fat** 10.3g | 15% |
| Saturated Fat 3.0g | 15% |
| *Trans* Fat 0.0g | |
| **Cholesterol** 20mg | 6% |
| **Sodium** 151mg | 6% |

| Amount/serving | % Daily Value* |
|---|---|
| **Total Carbohydrates** 37g | 12% |
| Dietary Fiber 8g | 31% |
| Total Sugars 24g | |
| **Protein** 26g | |

Vitamin D 0mcg 0% · Calcium 222mg 22% · Iron 2mg 9% · Potassium 577mg 12%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## CHICKEN WALDORF COLLARD WRAPS

**SERVINGS: 2** **PREPPING TIME: 10 MIN** **COOKING TIME: 15 MIN**

### INGREDIENTS

- 4 collards, leaves, trimmed
- 10 oz chicken breast, canned, drained
- 1/4 cup mayonnaise, unsweetened
- 2 scallions, chopped
- 2 Tbs parsley, chopped
- 1/3 cup walnuts, raw, chopped
- salt, to taste
- black pepper, to taste
- 1/2 avocado, sliced

### DIRECTIONS

**Prep**

- Drain chicken and place in a large bowl.
- Chop scallions and walnuts.
- Remove stems of collards. Place each leaf on a flat surface and, using a sharp knife or vegetable peeler, shave off some of the spine to make it more flexible. Rinse in very hot water to soften and set aside.

**Make**

- To the chicken, add mayonnaise and stir with a fork until the chicken is flaky. Season with salt and pepper and stir in scallions and walnuts.
- Add chicken mixture to collards, top with some avocado, and wrap.

**Nutrition Facts**

**Calories** 638 per serving

| Amount/serving | % Daily Value* |
|---|---|
| **Total Fat** 51.6g | 79% |
| Saturated Fat 7.1g | 35% |
| *Trans* Fat 0.0g | |
| **Cholesterol** 101mg | 33% |
| **Sodium** 864mg | 37% |

| Amount/serving | % Daily Value* |
|---|---|
| **Total Carbohydrates** 9g | 3% |
| Dietary Fiber 5g | 19% |
| Total Sugars 1g | |
| **Protein** 40g | |

Vitamin D 0mcg 1% · Calcium 101mg 10% · Iron 3mg 17% · Potassium 576mg 12%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# YOUR ULTIMATE GUIDE TO PROTEIN

Whole Lifecycle NUTRITION

## CHICKEN CACCIATORE

**SERVINGS: 6** **PREPPING TIME: 10 MIN** **COOKING TIME: 30 MIN**

### INGREDIENTS

- 6 chicken thighs, bone-in with skin
- 1 Tbs oregano
- salt and pepper, to taste
- 1 onion, sliced
- 1 pepper, sliced
- 1/4 cup olive oil
- 2 cups tomato sauce, prepared
- 1/2 cup green olives

### DIRECTIONS

**Prep**

- Season chicken thighs with salt [if desired], pepper, and oregano.
- Slice onion and pepper.
- Preheat oven to 375°F.

**Make**

- Add olive oil to the bottom of a roasting pan with sides. Add onion and pepper and stir to coat.
- Place chicken thighs on top of vegetables and bake for 20 minutes.
- Remove from oven and add tomato sauce in between chicken thighs [avoid tops if you want them to remain crispy.]
- Add olives and return to oven for an additional 10 minutes or until the thickest part of the chicken thighs reaches an internal temperature of 165°F.
- Remove from oven and serve.

**Nutrition Facts**

**Calories** per serving **638**

| Amount/serving | % Daily Value* |
|---|---|
| **Total Fat** 51.6g | 79% |
| Saturated Fat 7.1g | 35% |
| *Trans* Fat 0.0g | |
| **Cholesterol** 101mg | 33% |
| **Sodium** 864mg | 37% |

| Amount/serving | % Daily Value* |
|---|---|
| **Total Carbohydrates** 9g | 3% |
| Dietary Fiber 5g | 19% |
| Total Sugars 1g | |
| **Protein** 40g | |

Vitamin D 0mcg 1% · Calcium 101mg 10% · Iron 3mg 17% · Potassium 576mg 12%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.