

PROTEIN SOURCES FOR ATHLETES

It is currently recommended that protein intakes of 1.4 – 2.0 grams/kg/day for physically active individuals is not only safe, but may improve the training adaptations to exercise training. To figure out the right amount of protein for you, use the following equations:

Your weight in pounds / 2.2 = Your weight in kilograms.

Your weight in kilograms x 1.5 = Your recommended protein intake each day.*

The following is a list of sources of protein. Please note that the fat content is also given. It is important to keep in mind that some of the fat content is “essential fat” which has numerous healthy benefits over saturated fats.

Protein Sources	Protein (in grams)	Fat (in grams)
Almonds, ½ cup	12	35
Bagel	6	2
Barley, 1 cup (cooked)	16	2
Beans, 1 cup (cooked)	15	1
Beef, lean (5 x 5 x ¾ inch)	22	5
Black-eyed peas, 1 cup (cooked)	13	1
Bread, 1 slice of whole grain	3	1
Cheese, 1oz	7	9
Chicken breast	26	3
Chicken pot pie, homemade	23	31
Clams, 3 oz	65	11
Cottage cheese 1% fat, (½ cup)	15	2
Egg, 1 large	6	6
Fish, white, 3 oz	17	5
Ham, 3 oz	18	19
Hamburger, lean homemade (5 inch patty)	30	13
Lentils, 1 cup (cooked)	16	trace
Milk, 1 cup skim	8	trace
Nut butters, 1 Tbs	4	7
Oatmeal, 1 cup (cooked)	5	2
Peanuts, 1 cup roasted in oil	37	72
Pumpkin seeds, ½ cup	17	30
Rice, whole grain, 1 cup	4	trace
Salmon, 3 oz	20	10
Split peas, 1 cup (cooked)	16	1
Steak, fat trimmed, 6 oz	40	8
Sunflower seeds, ½ cup	17	34
Tofu, 4 oz	9	6
Tofu burger, 1 patty	6	6
Tuna, packed in water, 3 oz	24	3
Turkey, dark meat (2 ½ x 1 ½ x ¼ inch)	26	7
Turkey, white meat (4 x 2 x ¼ inch)	28	3
Veal cutlet, 3 oz	23	9
Yogurt, low fat, 8 oz	10	3