

MOST COMMON PROTEIN FOODS HEALTH REPORT

Beef

Hamburger patty, 4 oz – 28 grams protein
Steak, 6 oz – 42 grams
Most cuts of beef – 7 grams of protein per ounce

Chicken

Chicken breast, 3.5 oz - 30 grams protein
Chicken thigh – 10 grams (for average size)
Drumstick – 11 grams
Wing – 6 grams
Chicken meat, cooked, 4 oz – 35 grams

Fish

Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
Tuna, 6 oz can - 40 grams of protein

Pork

Pork chop, average - 22 grams protein
Pork loin or tenderloin, 4 oz – 29 grams
Ham, 3 oz serving – 19 grams
Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
Bacon, 1 slice – 3 grams
Canadian-style bacon (back bacon), slice – 5 – 6 grams

Eggs and Dairy

Egg, large - 6 grams protein
Milk, 1 cup - 8 grams
Cottage cheese, ½ cup - 15 grams
Yogurt, 1 cup – usually 8-12 grams, check label
Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
Hard cheeses (Parmesan) – 10 grams per oz

Beans (including soy)

Tofu, ½ cup 20 grams protein
Tofu, 1 oz, 2.3 grams
Soy milk, 1 cup - 6 -10 grams
Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
Soy beans, ½ cup cooked – 14 grams protein
Split peas, ½ cup cooked – 8 grams

Nuts and Seeds

Peanut butter, 2 Tablespoons - 8 grams protein
Almonds, ¼ cup – 8 grams
Peanuts, ¼ cup – 9 grams
Cashews, ¼ cup – 5 grams
Pecans, ¼ cup – 2.5 grams
Sunflower seeds, ¼ cup – 6 grams
Pumpkin seeds, ¼ cup – 8 grams
Flax seeds – ¼ cup – 8 grams

Wild Game Meats - (3.5 oz.)

Lamb, 34 grams
Wild Boar (not trimmed), 45 grams
Buffalo, 30 grams
White tail Deer, 35 grams
Mule Deer, 34 grams
Elk, 31 grams
Moose, 29 grams
Antelope, 32 grams
Squirrel, 32 grams
Cottontail, 31 grams
Jack Rabbit, 33 grams
Wild Pheasant, 38 grams
Sharptail Grouse, 34 grams
Duck, 35 grams
Mallard, 35 grams

In order to get the most out of your Protein Intake, it is very important that they be eaten with raw or blanched vegetables and not with starchy foods, and the appropriate intake of water throughout the day. The essential enzymes and mineral and vitamins in vegetables are essential to appropriate Digestion, Assimilation and Elimination of nutrients.

See Tips to Live By, Minerals in Foods and Iodine Foods Publications

And request your own copy of Health Begins Within

Remember, protein intake varies according to your percentage body fat, and your activity level and not on how much you weigh. Please remember to be retested at least monthly in order to accommodate your increases in lean body weight with our program.

Studies have shown that there is a correlation between breakfast tryptophan content and 'morningness'- 'eveningness' (meaning biological rhythms which are important to both body and mind). They measured breakfast tryptophan (tryptophan is only found in protein foods) and nighttime melatonin in children 0-15 years of age. Children with insufficient BREAKFAST PROTEIN had significantly lower levels of melatonin. Lower tryptophan causes the body to produce lower levels of serotonin and melatonin leading to sleep disorders, learning disorders, and behavioral disorders. The study confirmed 'Evening-type students have lower mood, higher irritation, and more easily triggered anger'. Meaning, when we do not eat sufficient protein we ensure lower sleep quality because we produce less serotonin and melatonin resulting in negative changes in children OF ALL AGES (and by the by, adults).

CEREAL IS AN INAPPROPRIATE BREAKFAST AT ANY AGE BUT ESPECIALLY FOR SMALL CHILDREN. WE ARE DOOMING OUR CHILDREN TO LIFE LONG UNHAPPINESS AND FAILURE.

Protein is a part of every cell of your body. It is a major structural component of all cells: skin, hair, nails and bone. It is the necessary raw material from which your body makes the enzymes critical for functioning, from digestion to reproduction. It is necessary for the production of neurotransmitters which affect your mind and mood. Protein (with fat) is the base material of the immune system. Without protein there is no life. You cannot make protein. It must be consumed every day in sufficient quantities to replace daily losses.

**BROUGHT TO YOU BY YOUR EXPERT STAFF AT
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