

Protein Intake

Credit: Dr. Ron Rosedale

Max 40-70 grams of protein daily

Excess protein leads to a shorter life and restriction of the body's ability to repair. The proper combination for health & **weight loss** is complex carbohydrates (not simple carbs like sugar) and fat.

Carbs/fat, not carbs/protein.

Meat: 6-9 gm per oz (3 oz. serving appropriate)

Seeds/nuts: 4-8 gm ¼ cup

Cooked grains: 5-7 gm per cup

Eggs: 6-8 gm ea

Beans: 7-8 gm ½ cup

Red meat, pork, poultry, and seafood average 6 to 9 grams of protein per ounce. An ideal amount for most people would be a 3-ounce serving of meat or seafood (not 9- or 12-ounce steaks!), which will provide about 18 to 27 grams of protein	Eggs contain about 6 to 8 grams of protein per egg. So an omelette made from two eggs would give you about 12 to 16 grams of protein If you add cheese, you need to calculate that protein in as well (check the label of your cheese)
Seeds and nuts contain on average 4 to 8 grams of protein per quarter cup	Cooked beans average about 7 to 8 grams per half cup
Cooked grains average 5 to 7 grams per cup	Most vegetables contain about 1 to 2 grams of protein per ounce

Veggies: 1-2 gm per oz