

REACHING YOUR PROTEIN NEEDS

Each day, the average person requires 0.8 grams of protein per kilogram of body weight. During cancer treatment, a range of 1-1.3 gm/kg is suggested and up to 1.5-1.8gm/kg in certain clinical circumstances, like cachexia. A registered dietitian can help patients determine the appropriate ratio of protein to body weight to meet their individual needs.

SOURCES OF ANIMAL PROTEIN

5-10 GRAMS

Eggs

1 egg
2 egg whites
1/3 cup egg substitute

7 grams
7 grams
8 grams

Dairy Products

1 cup milk
1 oz. provolone, cheddar, mozzarella cheese, etc.
6 oz. low fat yogurt, plain

8 grams
7 grams
6 grams

Poultry & Beef Products

1 cup bone broth (store bought)
1 scoop Collagen protein (not a complete source)

9 grams
9 grams

11-19 GRAMS

Shellfish

3 oz. cooked shrimp, scallops

18 grams

Pork

3 oz. tenderloin or chop, roasted

18 grams

Dairy Products

1 cup Fairlife milk
1/2 cup cottage or ricotta cheese
6 oz. Greek yogurt, plain

13 grams
13 grams
15 grams

REACHING YOUR PROTEIN NEEDS

PRO TIPS

- To calculate kilograms from pounds, divide body weight in pounds by 2.205
- The size of a deck of cards is about 3 ounces
- The side of a person's thumb is about 1 ounce
- The size of a person's fist is about 1 cup

SOURCES OF ANIMAL PROTEIN

20-29 GRAMS

Poultry

3 ounces (oz.) cooked chicken

3 ounces (oz.) cooked turkey

27 grams

24 grams

Fish

3 oz. cooked tuna, salmon, haddock, trout, etc.

21 grams

Beef

3 oz. steak

3 oz. ground beef (aim for 85% or more lean)

21 grams

24 grams

Supplements

1 scoop whey protein powder

1 scoop Naked Egg White Protein Powder

1 bottle Orgain Grass-Fed Whey Protein Drink

1 bottle Premier Protein Drink

1 bottle Ensure High Protein

1 bottle Boost Glucose Control MAX

24 grams

24 grams

20 grams

30 grams

16 grams

30 grams

MEETING PROTEIN NEEDS

Each day, the average person requires 0.8 grams of protein per kilogram of body weight. During cancer treatment, a range of 1-1.3 gm/kg is suggested and up to 1.5-1.8gm/kg in certain clinical circumstances, like cachexia. A registered dietitian can help patients determine the appropriate ratio of protein to body weight to meet their individual needs.

SOURCES OF PLANT PROTEIN

Soy Foods

6 oz. soft or silken tofu	8 grams
1 cup of soy milk	8 grams
6 oz. firm tofu	16 grams
1/2 cup of shelled edamame	11 grams
3 oz tempeh, cooked	15 grams

Beans

1/4 cup hummus	5 grams
1/2 cup cooked beans (pinto, kidney, black, lentils, cannellini, etc.)	9 grams
1 oz roasted chickpeas	6 grams

Nuts and Seeds

1/4 cup (1 oz.) almonds, peanuts, pistachios, pumpkin or sunflower seeds	7 grams
1/4 cup cashews, Brazil nuts, pine nuts, walnuts	5 grams
1/4 cup macadamia nuts, pecans	3 grams
2 tablespoons peanut butter	8 grams
2 tablespoons tahini	5 grams

Grains

1 cup cooked quinoa	8 grams
1/4 cup wheat germ	8 grams
1 cup cooked Barilla Protein Plus Pasta	10 grams
3.5 oz cooked chickpea pasta	20 grams
3.5 oz cooked lentil pasta	23 grams

MEETING PROTEIN NEEDS

PRO TIPS

- To calculate kilograms from pounds, divide body weight in pounds by 2.205
- The size of a deck of cards is about 3 ounces
- The side of a person's thumb is about 1 ounce
- The size of a person's fist is about 1 cup

SOURCES OF PLANT PROTEIN

Supplements

1 scoop NOW pea protein powder	24 grams
1 scoop Naked Pea protein powder	27 grams
2 scoops Orgain vegan protein powder	21 grams
1 scoop (1 oz.) soy protein powder	23 grams
1 bottle Orgain Plant Protein, ready to drink	16 grams
1 bottle Kate Farms Nutrition Shake	16 grams
2 scoops Ka'Chava superfood protein powder	25 grams
2 Tbsp PB2	6 grams

*Consuming protein powders is an efficient way to increase your daily protein. It is important to pick a protein that has quality ingredients, low fat, and low sodium.