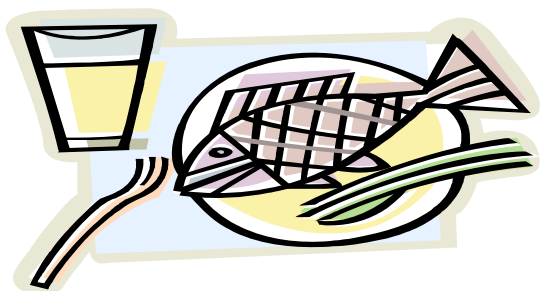


NUTRIFAX[®]

Protein Sources

Protein is an essential dietary nutrient known for building and maintaining muscle and skin tissue. Adequate protein intake is a necessity with age progression, combined with regular strength training it is possible to prevent the loss of muscle mass. In addition, protein is critical with skin breakdown and repair (i.e. surgery, burns, bed sores, etc.).

Protein is found in both animal and plant food sources. Animal derivatives tend to have a higher concentration per serving on average than plant; however, animal sources generally contain more calories, fat, saturated fat, and cholesterol. Cost is also a factor that influences protein consumption.



On average, the USDA recommends women obtain 46 grams of protein per day and men 56 grams. Reading food labels is the best way to accurately calculate and determine nutritional needs.

A balanced diet is vital throughout the course of ones life. Maintaining a healthy weight is perhaps the single most important factor in disease prevention and has a direct correlation to maintaining mobility, independence, an increased quality of life, and overall longevity.

FOOD SOURCE	SERVING	GRAMS of PROTEIN	COST per GRAM
chicken	1 C	43	1.8 cents
salmon	5 oz	42	5.8 cents
turkey	1 C	41	1.5 cents
roast beef	3 oz	26	2.7 cents
nonfat cottage cheese	1 C	25	3.1 cents
ground beef	3 oz	22	2.3 cents
ham	3 oz	18	2.1 cents
lentils	1 C	18	3.3 cents
canned beans	1 C	15	2.9 cents
plain low-fat yogurt	1 C	12	5.0 cents
milk	1 C	8	2.5 cents
cheddar cheese	1 oz	7	3.6 cents
nuts	1 oz	7	5.2 cents
large egg	1 ea	6	5.7 cents
peanut butter	1 tbsp	4	1.8 cents
ice cream	½ C	3	5.3 cents

Prices, July 2009 – Walmart (average)

Food and Nutrition Services can assist in providing nutrition information. Call 703-813-4800 and ask for a Registered Dietitian.