



**10/21/13**

**Protein**

Protein is an important nutrient, essential for growth and development. All the cells of your body include protein. Protein is also an important source of calories and energy. Both plant-based and animal-based foods provide protein.

Recommendation:

Get 10 to 35 percent of your total daily calories from protein (Carbohydrates should account for 45 to 56 percent, while fat should be around 20 to 35 percent). Protein has 4 calories a gram. Based on a 2,000-calorie-a-day diet, this amounts to about 200 to 700 calories a day, or about 50 to 175 grams a day. Emphasize plant sources of protein, such as beans, lentils, soy products and unsalted nuts. Include seafood twice a week. Meat, poultry and dairy products should be lean or low fat.

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