



# Tips To Help Get The Protein You Need



## EAT PROTEIN-RICH FOODS EVERY SINGLE DAY

Protein in the body is constantly being broken down, reassembled and recycled. Unlike carbohydrates and fat, protein cannot be stored in the body; therefore, it's important to consume protein with each meal and snack to get the protein you need every single day to help maintain muscle and support your health.<sup>1-3</sup>



## INCLUDE A VARIETY OF PROTEIN SOURCES IN YOUR DIET

Protein is found in various food sources that are either animal- or plant-based. Animal sources of protein are generally high quality, meaning they include all of the essential amino acids that our bodies need. Animal sources of protein include chicken, pork, beef, fish, eggs and dairy products such as milk, yogurt, and cheese. Some plant sources of protein are high quality, such as soy and whole grains like quinoa. However, other plant sources of protein like nuts and legumes are not because they lack one or more essential amino acids. Experts recommend consuming a variety of protein sources to help meet your daily needs.<sup>7,8</sup>



## AIM FOR 20–35 GRAMS OF PROTEIN AT EACH MEAL, INCLUDING BREAKFAST

Did you know that when protein is distributed evenly across each main meal, it can help maximize muscle protein synthesis and aid in the preservation of muscle? Aim for 20–35 grams of protein at each main meal and remember to include protein in your snacks, too. This will help you get the right amount of protein your body needs every single day.<sup>2-5</sup>



## CHOOSE PROTEIN-RICH FOODS AT EVERY MEAL AND SNACK

The amount of protein per serving varies and is based on its source (animal or plant) and actual serving size. Some examples of protein-rich foods and nutritional beverages that contain protein, along with their corresponding serving size, are listed in the table below. As a reference, note that a 3 oz serving of fish, chicken, pork, or beef is about the size of a deck of cards. If you need more protein in your diet, increase your portion size.



## GET UP TO 35% OF YOUR CALORIES FROM PROTEIN

Protein is an essential nutrient that provides 4 calories per gram. The average U.S. adult consumes about 15% of total calories from protein, whereas a minimum of 10% and a maximum of 35% of total daily calories may be sourced from protein in a balanced diet. This translates to 50–175 grams of protein per day if you are consuming a 2,000-calorie diet.<sup>1,4-6</sup>



## 20 g OF HIGH-QUALITY PROTEIN AND MORE!

BOOST® High Protein nutritional drinks contain 20 g protein & 27 vitamins & minerals including key nutrients for immune support.



## HOW MUCH PROTEIN IS IN YOUR FOOD?

FOOD	SERVING SIZE	PROTEIN <sup>9</sup> (Per Serving)
<b>NUTS, SEEDS, GRAINS</b>		
Cashews	¼ cup	5 g
Pistachios	¼ cup	6 g
Peanut butter, smooth	2 tbsp.	7 g
Almond butter	2 tbsp.	7 g
Almonds	¼ cup	8 g
Quinoa, cooked	1 cup	8 g
Peanuts	¼ cup	9 g
<b>BEANS, PEAS, LEGUMES, SOY</b>		
Soy milk, all flavors, nonfat	8 fl oz	6 g
Green peas, canned	1 cup	7 g
Tofu, firm	½ cup	11 g
Chickpeas, canned	1 cup	12 g
Kidney beans, canned	1 cup	13 g
Black beans, canned	1 cup	14 g
<b>DAIRY</b>		
Cheese, lowfat Cheddar or Colby	1 oz	7 g
Milk, nonfat, skim	8 fl oz	8 g
Yogurt, plain, lowfat	6 oz (170 g)	9 g
Greek yogurt, strawberry, lowfat	5.3 oz (170 g)	12 g
Cottage cheese, lowfat, 1% milk	½ cup	14 g
<b>EGGS, FISH, CHICKEN, PORK, BEEF</b>		
Egg (eat 2-3 at a time)	1 large	6 g
Tuna, light, canned in water	3 oz	17 g
Shrimp, cooked	3 oz	20 g
Ground beef, 85% lean, broiled	3 oz	22 g
Pork chop, boneless, cooked	3 oz	24 g
Chicken breast, boneless, grilled	3 oz	26 g



## HELP GET THE PROTEIN YOU NEED WITH BOOST® NUTRITIONAL DRINKS

BOOST® drinks can help you get protein and other essential nutrients you need. BOOST® drinks provide 10 g or more of protein per serving, and are available in a variety of calorie levels depending on your dietary goals. BOOST® drinks are great as a nutrient-rich snack, mini-meal, or in addition to your meals.

BOOST® PRODUCT	SERVING SIZE	PROTEIN (Per Serving)	CALORIES (Per Serving)	FOR PEOPLE WHO:
BOOST® Original Drink	8 fl oz	10 g	240	Want balanced nutrition with moderate protein and calories.
BOOST PLUS® Drink	8 fl oz	14 g	360	Need extra calories and protein to help gain or maintain weight.
BOOST® Women Drink	8 fl oz	15 g	180	Want tailored nutrition for women.
BOOST Glucose Control® Drink	8 fl oz	16 g	190	Prefer a diabetes-friendly nutritional drink.
BOOST® Men Drink	8 fl oz	18 g	220	Want tailored nutrition for men.
BOOST® High Protein Drink	8 fl oz	20 g	240	Want a high protein drink with moderate calories.
BOOST® Mobility Drink	8 fl oz	20 g	180	Want a high protein drink including collagen peptides for joint support.
BOOST Glucose Control® High Protein Drink	8 fl oz	22 g	120	Seek a diabetes-friendly, high protein nutritional drink.
BOOST® Very High Calorie Drink	8 fl oz	22 g	530	Need high protein/high-calorie drinks to help gain or maintain weight.
BOOST Max™ Nutritional Shake	11 fl oz	30 g	160	Want very high protein with less sugar and lower calories.

1. IOM, NAS. DRI Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. 2005. Available at [www.nap.edu/read/10490/chapter/1](http://www.nap.edu/read/10490/chapter/1).  
 2. Arentson-Lantz E et al. Appl Physiol Nutr Metab. 2015;40(8):755-61. 3. Phillips, SM. Front Nutr. 2017;4(13):1-10. 4. Paddon-Jones D, Leidy H. Curr Opin Clin Nutr Metab Care. 2014;17(1):5-11. 5. Wolfe RR et al. Adv Nutr. 2017;15;8(2):266-275. 6. USDA, ARS. 2018. What We Eat in America, NHANES, 2015-2016. Available at: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). 7. Richter CK et al. Adv Nutr. 2015;6:712-728. 8. Vega-Galvez A et al. J Sci Food Agr. 2010;90:2541-2547. 9. USDA Agricultural Research Service. National Nutrient Database for Standard Reference. Release 28. Available at: [www.ndb.nal.usda.gov/ndb](http://www.ndb.nal.usda.gov/ndb).

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BOOS-14931-0720