

# Smart Protein Tips

Protein—a true multitasker & essential for health:



Builds, repairs and maintains muscle, helping burn more calories, even at rest



Helps control blood sugar, reducing energy crashes and cravings



Keeps you full longer, reduces overeating



Supports healthy weight and metabolism

## How much do you need?

Needs vary by age, activity, and health history, but general recommendations suggest you get **25–30 grams of protein at each meal.**

1 serving of beef is **3 oz cooked** – roughly the size of a deck of cards



## What Does 25 Grams of Protein Look Like?

Lean Beef



3 oz

173 Calories

Edamame



1 1/3 cups

249 Calories

Black Beans



1 1/3 cups

379 Calories

Peanut Butter



6 1/2 tbsp

613 Calories

Quinoa



3 cups

666 Calories

# Mix Up Your Protein Picks

A mix of protein sources helps you meet your daily needs and boosts overall nutrition.

**Plant proteins** like beans, peas, lentils and nuts:

- ✓ Provide a mix of protein and fiber
- ✓ Are often incomplete, without all essential amino acids
- ✓ May be more calorie-dense per gram of protein



**Animal proteins** like beef, seafood, poultry, eggs and milk:

- ✓ Are complete proteins with all essential amino acids
- ✓ Have the highest protein quality
- ✓ Have fewer calories and more nutrients per gram of protein



## Plus Up Your Protein Intake

**Trail Mix**



**Beef Jerky**

**Beans**



**Ground Beef**

**Oats**



**Milk**

## Spice Up Your Protein



### Spicy Beef Chipotle Salad

Packed with protein from lean beef and beans, this salad is a flavorful way to fuel your body!



SCAN  
FOR  
RECIPE!



Funded by Beef Farmers and Ranchers