

Quick Nutrition Check for Protein: Sample Menus

Protein is found in many foods and is needed to keep you healthy. The amount of protein you need is based on your weight. An adult male who weighs 80kg (176 lbs) needs about 64 g of protein each day. An adult female who weighs 65kg (143 lbs) needs about 52g of protein each day. Protein needs can easily be met through foods.

Two samples menu plans (regular and vegan) showing the amounts of protein are given below:

Sample Menu 1

<i>Breakfast</i>		<i>Protein (g)</i>
Cooked oatmeal	175 mL (¾ cup)	5
Low fat milk	250 mL (1 cup)	9
Banana	1	1
Whole wheat toast	1 slice (35 g)	4
Peanut butter	15 mL (1 Tbsp)	4
<i>Lunch</i>		
Vegetable soup	250 mL (1 cup)	3
Sandwich:		
• Whole wheat bread	2 slices (70 g)	8
• Lean meat or poultry	37.5 g (1 ¼oz)	12
• Lettuce, cucumber or tomato	1 slice each	1

• Mayonnaise	10 mL (2 tsp)	0
Orange	1 medium	1
<i>Dinner</i>		
Salmon	75g or 125 mL (2 1/2 oz or 1/2 cup)	19
Brown rice	250 mL (1 cup)	5
Peas	125 mL (1/2 cup)	5
Mixed salad	250 mL (1 cup)	2
Fruit salad	125 mL (1/2 cup)	1
<i>Evening Snack</i>		
Low fat milk	250 mL (1 cup)	9
Apple	1 medium	1
Total		90

Sample Menu 2 (Vegan)

<i>Breakfast</i>		<i>Protein (g)</i>
Cooked oatmeal	175 mL (3/4 cup)	5
Fortified soy beverage	250 mL (1 cup)	7-8*
Banana	1	1
Whole wheat toast	1 slice (35 g)	4
Almond butter	15 mL (1 Tbsp)	3
<i>Lunch</i>		
Vegetable soup	250 mL (1 cup)	3

Bean burrito: <ul style="list-style-type: none"> • Whole wheat tortilla • Refried beans • Lettuce, cucumber, tomato, and salsa 	1 large (70 g)	6
	175 mL (¾ cup)	8
	125 mL (½ cup)	1
	Pear	1 medium
<i>Dinner</i>		
Casserole:		
Tofu	150 g / 175 mL (¾ cup)	12
Brown rice	250 mL (1 cup)	5
Cooked tomatoes, onions, and peppers	250 mL (1 cup)	2
Mixed salad	250 mL (1 cup)	2
Salad dressing	15 mL (1 Tbsp)	0
Fruit salad	125 mL (½ cup)	1
<i>Evening Snack</i>		
Fortified soy beverage	250 mL (1 cup)	7-8*
Almonds	60 mL (2 Tbsp)	8
Total		76

* 7 g was used to calculate total protein for this sample day.



Notes

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