

how much do you know about protein?

TRUE OR FALSE?

Question	True	False
Protein is in each of the 37 trillion cells in our body.	<input type="checkbox"/>	<input type="checkbox"/>
The quadriceps are our most important muscles.	<input type="checkbox"/>	<input type="checkbox"/>
Protein is only found in animal foods	<input type="checkbox"/>	<input type="checkbox"/>
1 cup of green beans has 18 grams of protein and only 4 mg of sodium.	<input type="checkbox"/>	<input type="checkbox"/>
Protein is critical during weight loss because it reduces hunger & increases fullness.	<input type="checkbox"/>	<input type="checkbox"/>
All protein powders are the same as long as they have the same amount of protein.	<input type="checkbox"/>	<input type="checkbox"/>
Eating protein after exercise can help prevent muscle loss.	<input type="checkbox"/>	<input type="checkbox"/>
It is best to eat most of your protein at lunch.	<input type="checkbox"/>	<input type="checkbox"/>
Muscle burns more calories than fat, even while you're sleeping.	<input type="checkbox"/>	<input type="checkbox"/>
Protein is important for strong bones.	<input type="checkbox"/>	<input type="checkbox"/>
Fruit contains no protein per serving.	<input type="checkbox"/>	<input type="checkbox"/>
You should try to eat about 15 g of protein at each meal.	<input type="checkbox"/>	<input type="checkbox"/>
Whey proteins are the best kind for maintaining/building muscle after a workout.	<input type="checkbox"/>	<input type="checkbox"/>
Soy and quinoa are considered complete plant proteins.	<input type="checkbox"/>	<input type="checkbox"/>

EASY & SNEAKY WAYS TO ADD PROTEIN

FOOD & COOKING TIPS

Use milk for shakes. (8 g/cup). Or make your coffee or tea a latte. Choose a higher protein milk like Fairlife- 13 g/cup (Lactose-free, 6 g carbs).

Use cottage cheese to make dip. (7 g/1/4 cup)

Add ½ scoop of protein powder to: cooked or overnight oatmeal, pancakes, soups, etc.

Add 1 scoop protein powder to recipe for sugar-free pudding or jello.

Make your own oat flour by blending in the blender or food processor.

Make your own bean dip or hummus- eat with high protein chips

Keep hard boiled eggs on hand to make egg salad (with Greek yogurt) or to slice on salads.

Keep turkey meatballs or rotisserie chicken in the freezer for quick dinners.

Use nutritional yeast as a seasoning (8 g/1.5 Tablespoons)—it adds a “cheesy flavor” from scrambled eggs to pasta to mashed potatoes to popcorn.

Keep small cans or packets of tuna or salmon on hand for a quick meal. (19 g protein/3.5 oz) Sardines (20 g/3 oz)

Add unflavored protein powder to: homemade salad dressings, mashed potatoes, tomato sauce, yogurt, chia seed pudding, scrambled eggs, ice pops & jello.

PROCESSED FOODS

Protein chips. Quest Chile Lime- (20 g/oz) also low carb- 5 g/serving

Protein bars: Pure Protein Chocolate PB Caramel (20 g each, 16 g carbs)

Shopping tips: Avoid Keto-friendly—high fat. Many are high in carbs-check the label.

High protein treat: ProMix-Protein Puff Bar- 140 calories, 15 g protein, 5 g fiber

Barillas Protein pasta (5 g/1/2 cup)

Banza Chickpea pasta (7 g/1/2 cup)

Kodiak Power Flapjacks (9 g/1.5 pancakes)

Kashi Go Protein Waffle (6.5 g/waffle)

On the Go: Protein20: Whey protein isolate infused water (15 g/16.9 oz. bottle)

Mission Protein Tortillas: (70 calories, 7 g protein, 3 g net carbs, 12 g fiber)

Overnight Protein Oats: 2 Servings
Mix ½ cup skim milk, ¼ cup Two Good Greek yogurt, 1/4 tsp.vanilla, 1 scoop vanilla or chocolate whey protein. Stir in ½ cup old-fashioned oats. Refrigerate overnight. Per serving: 200 calories, 20 g protein, 17 g carbs, 5 g fiber.