



**Adaptations for Advanced Students**

Further research: [www.mayoclinic.com](http://www.mayoclinic.com), [www.sciencedaily.com](http://www.sciencedaily.com), [www.nih.gov](http://www.nih.gov)

**Teacher Reflection/Lesson Evaluation**

This lesson was created by Middletown ABLE.

To maintain nutritional health and muscle mass, especially as we get older, it is important to eat enough protein. According to the American College of Sports Medicine, eating extra protein is necessary for very physically active persons. As a general guide, eat at least three fourths your body weight in grams of protein a day. Try to get one fourth of your daily calories from protein. This is not as difficult as it might seem IF you make the right food choices. Look at the examples below:

Seafood,(salmon or tuna), 6 oz.	40 grams
Yogurt, 10 oz.	30 grams
Beef, 4 oz.	30 grams
Poultry, no skin, 4 oz.	30 grams
Cottage Cheese, nonfat, ½ cup	15 grams
Cereal with milk	15 grams
Nuts or sunflower seeds, 1 oz.	7 grams
Kidney beans, ½ cup	7 grams
Egg, 1 whole	6 grams

## Solve Using the Food Guide

1. Todd weighs 200 lbs. and ate the recommended amount of yogurt, cereal with milk, and an egg for breakfast.  
How many grams of protein did he eat?
2. Did he get  $\frac{3}{4}$  of his weight in protein?
3. How much protein does he still need?
4. Carrie eats no meat or dairy. She weighs 120 lbs. Using the guide, if she eats the listed amounts of tuna, nuts, and beans will she reach her protein goal?
5. How many grams of protein does she still need?
6. Dan eats 2500 calories a day. If he attempts to get the correct amount of calories from protein, how many protein calories does he need?
7. Figure the amount of protein grams you need a day. How many protein calories will you need if you eat 1800 calories a day? Using the guide, design an eating plan to meet your protein needs. (Answers will vary. You can keep this information to yourself if you choose).

## Answer Key

1. 51 grams
2. No
3. 99 grams
4. No
5. 36 grams
6. 625 calories
7. 450 calories