



# DISPLAY/HANDOUT

## How Much Protein is in That?

Most people need around 50 grams of protein daily—a bit more for active adults. Protein isn't found just in meat. Check out all these great ways to get the protein you need, each day.



8 ounce glass of milk

**8 grams protein**



1 cup lentil soup

**9 grams protein**



3 ounce cooked salmon

**22 grams protein**



6 ounce Greek yogurt

**17 grams protein**



2 large eggs

**12 grams protein**



3 ounces cooked  
chicken breast

**26 grams protein**



1 ounce mixed nuts

**6 grams protein**



1 cup cooked quinoa, spelt,  
or most other whole grains

**6-8 grams protein**

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## Recommended Dietary Allowance for Protein

Age Group	Grams of Protein Needed Daily
Children ages 1–3	13
Children ages 4–8	19
Children ages 9–13	34
Girls ages 14–18	46
Boys ages 14–18	52
Women ages 19–70+	46
Men ages 19–70+	56

You can also multiply your weight in pounds by .36 to get your daily protein need in grams.  
For instance, if you weigh 150 pounds, aim for about 54g of protein.

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