



I. Is Your Protein Intake Sufficient to Meet Your Needs?

1. How much protein do you eat in a typical day? Look at the nutrition assessment you completed at the end of Chapter 2. Review it closely. Find the figure indicating the amount of protein you consumed on that day, and write it in the following space:

TOTAL PROTEIN _____ grams per day

Compare your protein intake with your RDA for protein. Find your healthy weight for height in pounds using Table 10-1 in Chapter 10. Choose a midrange value. Divide this number by 2.2 to reveal your healthy weight in kilograms. Next, multiply this weight (or your current body weight if the numbers are close) by 0.8 grams per kilogram. This will indicate the RDA for protein for your weight and gender. Write it in the following space:

RDA FOR PROTEIN _____ grams per day

How does your consumption compare with your RDA for protein? _____

If you consumed either more or less than the RDA, what foods could you add, delete, or eat more or less of? (Look at the foods you ate.)

Was most of your protein from animal or plant sources? _____

If your protein intake was primarily from plants, did this come from a wide variety to encourage protein complementarity for the day?

II. Protein and the Vegetarian

Alana is excited about all the health benefits that might accompany a vegetarian diet. However, she is concerned that she will not consume enough protein to meet her needs. She is also concerned about possible vitamin and mineral deficiencies. Use your diet analysis software or Appendix J software to calculate her protein intake and see if her concerns are valid.

Breakfast

Calcium fortified orange juice, 1 cup
Soy milk, 1 cup
Fortified bran flakes, 1 cup
Banana, medium

Snack

Calcium-enriched granola bar

Lunch

Garden Burger, 4 ounces
Whole-wheat bun
Mustard, 1 tablespoon
Soy cheese, 1 ounce
Apple, medium
Green leaf lettuce, 1½ cups
Peanuts, 1 ounce
Sunflower seeds, ¼ cup
Tomato slices, 2
Mushrooms, 3
Vinaigrette salad dressing, 2 tablespoons
Iced tea

Dinner

Kidney beans, ½ cup
Brown rice, ¾ cup
Soft margarine, 2 tablespoons
Mixed vegetables, ¼ cup
Hot tea

Dessert

Strawberries, ½ cup
Angel food cake, 1 small slice
Soy milk, ½ cup

Alana's diet contained 2150 kcal, with _____ grams (you fill in) of protein (is this plenty for her?), 360 grams of carbohydrate, 57 grams of total dietary fat (only 9 grams of which came from saturated fat), and 50 grams of fiber. Her vitamin and mineral intake with respect to those of concern to vegetarians—such as vitamin B-12, vitamin D, calcium, iron, and zinc—met her needs.