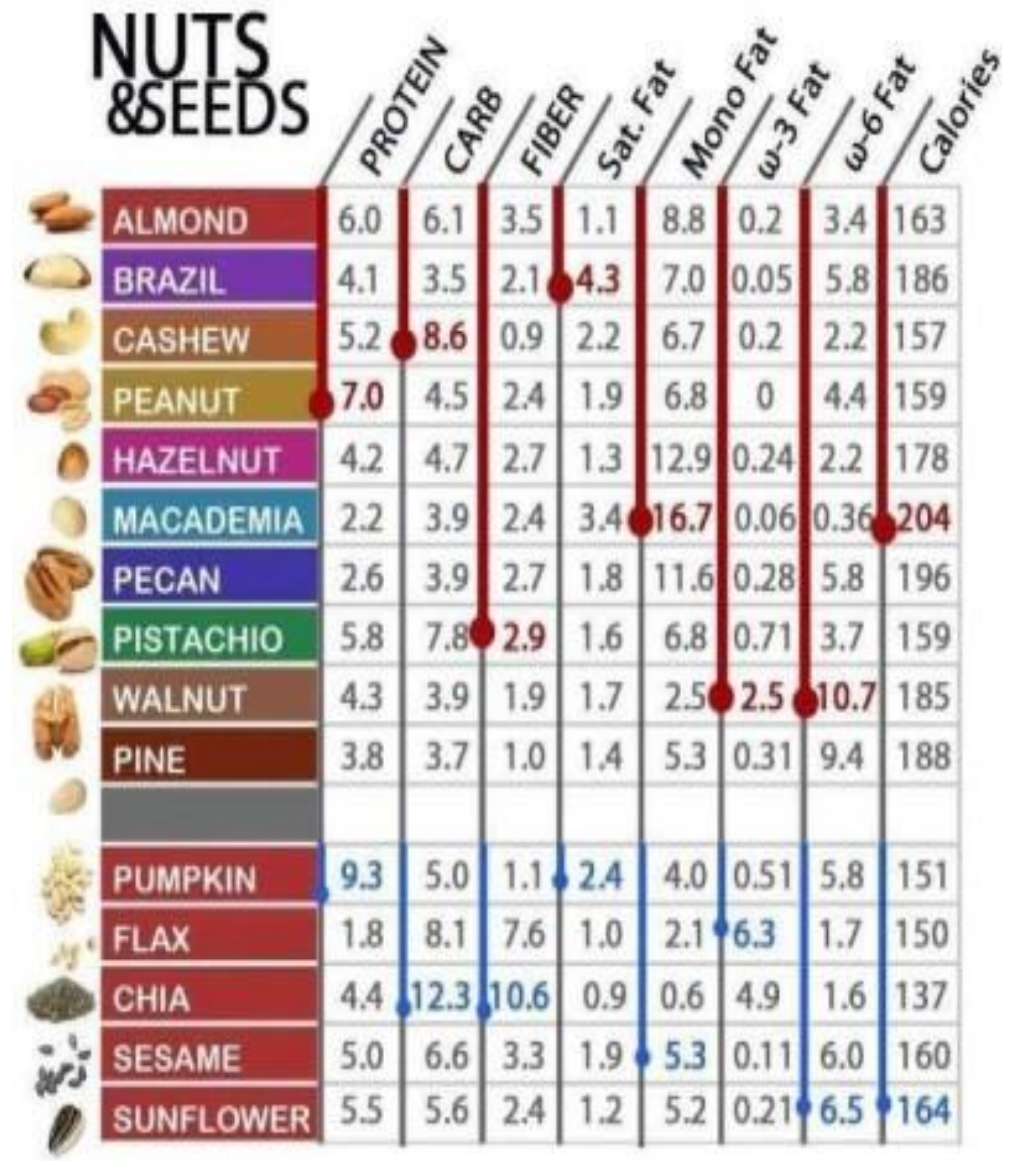


Food Name	Serving Size	Protein (g)	Fats (g)	Carbs (g)	Calories
Red Quinoa	2 ozs (43g)	6	2.5	28	160
Whey Protein Powder	1 scoop (39g)	26	2	8	150
All-In-One Nutritional Shake	2 scoops (43g)	20	5	14	160
Almond Butter	2 Tbsp (32g)	6	15	8	180
Cashew Butter	2 Tbsp (33g)	4	17	10	200
Almond Nuts	1 oz	6	9.9	6.1	163
Peanuts	1 oz	7	8.7	4.5	159
Pistachio	1 oz	5.8	8.4	7.8	159
Cashew Nuts	1 oz	5.2	8.9	8.6	157
Pumpkin Seeds	1 oz	9.3	6.4	5	151
Sunflower Seeds	1 oz	5.5	6.4	5.6	164
Egg White	100 g	11	0.2	0.7	52
Goya Pink Beans	2 ozs (36g)	8	0	23	70
Lentils	2 ozs (36g)	9	0	21	130
Green Split Peas	2 ozs (36g)	9	0	21	90
Sargento Sharp Cheddar Cheese	2 ozs (28g)	7	9	2	110
Ensure Original	8 fluid ozs	9	6	32	220
Dannon Greek Yogurt (Light & Fit)	5.3 ozs (150g)	12	1.5		140
	Sum	165.8	106.9	205.3	2615

Protein is estimated using 0.8 to 1.8 gram/kg of body weight. 1 kg = 2.2 lbs; then 197 lbs, (197/2.2 = 89.55kg), of body weight. Using the ADA protein recommend, and doing the math, protein intake per day at the lower limit is 89 grams, (89.55kg \*0.8). Protein intake per day at the upper limit is 161 grams, (89.55 \* 1.8).



Based on a 1oz portion  
 Values are in grams  
 Red numbers - highest values for nuts  
 Blue numbers - highest values for seeds

“Whole eggs, with their full amino acid profile, are the gold standard against which all other protein sources are compared” (<http://woundcareadvisor.com/how-dietary-protein-intake-promotes-wound-healing-vol2-no6/>).

# Role of Protein, (Long Amino Acids Chains), in Human Body

- Extracellular matrix—reinforcement of mineralized tissues such as bones & teeth
- Cells structure—hair, skin, nails, bones, ligaments, tendons, muscles, & organs
- Cell division—growth, reproduction, & maintenance of muscle mass
- Wound healing—post injury recovery
- Transports nutrients—e.g., moves vitamin A from organs to cells
- Transports oxygen—hemoglobin protein moves oxygen from lungs to body cells
- Fluid balance regulation—maintain proper blood pressure, even lubricates the eyes
- Regulates chemical reactions—enzymes, hormones, & blood clotting substances
- Support vision—e.g.,  $\alpha$ A-crystallin & small heat shock proteins prevents clumping of proteins under stress to prevent cataracts (eye lens become opaque causing blurred vision)
- Strengthen immune system—to fight foreign invaders like bacteria & viruses
- Maintains pH balance of blood, saliva, & urine around 7.0 on the 0 – 14 scale
  - Acidic pH levels, below 7, are linked to type 2 diabetes, heart disease and obesity
  - Alkaline pH levels, above 7, are linked to improvements in memory & cognition; reduced pain, and lower risk of hypertension and stroke. Alkaline foods include fruits, vegetables, beans, seeds
- Maintains electrolyte balance—move sodium and potassium in & out of cells