

High-Protein Diet Chart Template

General Guidelines for Protein Intake:

General Health Recommendations:

- **The RDA for Protein:** 0.8 grams per kilogram of body weight.
- **Varies By:** Age and activity level (U.S. Department of Agriculture, 2023).
- For a high protein diet with a goal of improving general health, aim to increase to 1-1.2g per kilogram of body weight.

For Athletes and Active Individuals:

- **Protein Need:** 1.2 to 2.0 grams per kilogram of body weight per day (Stokes et al., 2018).
- **Benefits:** Supports muscle repair, growth, and exercise recovery (Lonnie et al., 2018).

During Recovery or Illness:

- **Protein Need:** Increase to about 1.5 g per kg.
- **Example:** A 60 kg adult may need around 90 g of protein daily (Lonnie et al., 2018).

Protein Sources:

Animal Sources:

- **Complete Proteins:** Provide all essential amino acids.
- **Considerations:** Choose lean cuts, be mindful of cooking methods to reduce saturated fats and cholesterol.

Plant Sources:

- **Importance:** Essential for vegetarians, vegans, and those reducing meat consumption.
- **Variety:** Include a mix of plant and animal proteins for nutritional balance.

Protein Types and Examples:

Lean Proteins:

- Chicken breast: 31g/100g
- Turkey: 29g/100g
- Lean beef cuts: 26g/100g
- Fish (salmon: 20g/100g, tuna: 23g/100g)

Moderate-Fat Proteins:

- Whole eggs: 6g/egg
- Cheese: 7g/slice
- Dark poultry meat: 28g/100g

High-Fat Proteins:

- Fatty beef cuts: 22g/100g
- Pork: 27g/100g
- Lamb: 25g/100g

Dairy Products:

- Greek Yogurt: 10g/100g
- Cottage Cheese: 11g/100g
- Milk: 8g/cup (240 mL)
- Cheese (hard, e.g., Parmesan): 10g/oz (28g)

Plant-Based Proteins:

- Legumes (lentils: 9g/100g, chickpeas: 19g/100g, black beans: 21g/100g)
- Nuts and Seeds (almonds: 21g/100g, walnuts: 15g/100g, chia seeds: 17g/100g)
- Grains (quinoa: 4g/100g, buckwheat: 13g/100g, oats: 17g/100g)
- Soy Products (tofu: 8g/100g, tempeh: 19g/100g, edamame: 11g/100g)

Supplements:

- Whey Protein: Approx. 20-25g per scoop.
- Casein Protein: Similar to whey in protein content.
- Plant-Based Options: Available for those preferring non-animal sources.

Meal Breakdown Section:

- **Frequency:** 3-4 meals a day.
- **Protein Per Meal:** Aim for at least 30g every 3-4 hours.
- **Flexibility:** Guidelines, not strict rules.

