

# Dairy Can Help You Meet Your Protein Needs



The Institute of Medicine recommends that 10 to 35 percent of total daily calories should come from protein. That's about 50 to 175 grams per day if you normally eat about 2,000 calories each day. Although most people meet minimum protein requirements (i.e., the low end of this recommended range), many may benefit from a moderately higher protein intake, such as active individuals and older adults. Some experts suggest that you may benefit from consuming approximately 20 to 30 grams of high-quality protein at each meal. But please remember to check with your doctor or registered dietitian before making changes to your diet and/or exercise routine.

– Leslie Bonci, MPH, RD, LDN, CSSD, Director of Sports Nutrition, University of Pittsburgh Medical Center

## Protein in Common Foods

	Serving Size	Protein (grams)	Tip
Milk	1 cup	8-10	Choose low-fat or fat-free varieties, including flavored or lactose-free options.
Cheese, such as Cheddar	1.5 oz.	9-11	Choose reduced-fat or low-fat cheese.
Cottage cheese	½ cup	13	Choose low-fat or fat-free varieties.
Greek-style yogurt	6 oz.	14-18	Choose low-fat or fat-free varieties.
Traditional yogurt	6 oz.	5-7	Choose low-fat or fat-free varieties.
Lean beef	3 oz.	22-27	Choose cuts with round or loin in the name, such as sirloin, round tip, tenderloin and top round.
Lean pork	3 oz.	24-26	Choose cuts with loin in the name, such as tenderloin, top loin and Canadian bacon.
Lean poultry	3 oz.	25-26	Choose breast meat, and remove the skin before eating.
Seafood and fresh water fish	3 oz.	18-22	
Eggs	1 large	6	
Beans	½ cup	7-8	Choose beans such as kidney or pinto.
Nuts	1 oz.	6-8	
Peanut butter	2 Tbsp.	8	
Tofu	3 oz.	6	

For illustration purposes only. Check the nutrition label for product specific protein content.



Get recipes that include protein at [wheyprotein.nationaldairycouncil.org](http://wheyprotein.nationaldairycouncil.org) and [nationaldairycouncil.org](http://nationaldairycouncil.org).



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