

MyPlate: Protein

For optimal health, make 1/4th of your plate heart-healthy protein.



54 g

per day for most adults who weigh 150 pounds. The current [RDA](#) for most adults is .8 grams per kilogram of bodyweight. Infants, seniors, and endurance athletes need more.



The previous belief that vegetarian sources of protein need to be combined to create a “complete protein” and meet essential amino acid needs is out of date. Our bodies store amino acids and assimilate them as needed to make various proteins. While it won't hurt us to combine beans with rice or peanut butter with whole wheat bread, proteins are constantly being broken down and reassembled, so foods no longer need to be combined at meals.



Here are 6 easy ways to obtain adequate protein while protecting your heart, colon, and the environment:

1. **Swap** ground beef for ground turkey. Choose products that are 90% lean or higher
2. Use **less meat** in chili or stew and double the beans and vegetables
3. Tried grilled **portobello mushrooms** or veggie burgers this season
4. Include **lentils** or dried beans as your protein source in place of meat
5. Choose **low-fat dairy** when possible and enjoy moderate servings of dairy products
6. Use **nut** butter or **hummus** for sandwiches in place of lunch meat.

