

# EATING 101

## RU DINING HEALTHY?




A Weekly Newsletter Brought to You by the RU Healthy Dining Team-  
A Joint Program Between RU Dining Services and The Department of Nutritional Sciences

### Protein Packs a Punch!

Looking to bulk up...on nutrition, that is? Protein assists in repairing muscle tissue, producing hormones and enzymes and maintaining fluid balance. The building blocks of protein are called amino acids. Our bodies make most of the amino acids we need; however, nine cannot be synthesized. These are called the *essential amino acids* and must be obtained from the diet.

Adequate protein intake is typically not a problem in the American diet. The Dietary Reference Intake (DRI) for adults is 0.8g of protein per 2.2 pounds of body weight. Therefore, someone weighing 154 pounds needs only 56 grams of protein a day! The average American consumes almost double that amount each day.

**Instead of focusing your attention on consuming *enough* protein, spend more time choosing foods with the *right kinds* of protein:**

Complete Protein	Incomplete Protein	Complementary Protein
 <p>These proteins are found in animal and soy products and contain all nine essential amino acids.</p> <p>5oz turkey: 37 g 1 large egg: 6 g 1 cup skim milk: 8g</p>	 <p>These proteins are found in plant sources, and are incomplete because they lack one or more essential amino acids. Soy is the only food plant source that offers complete proteins.</p> <p>1 oz cashew nuts: 5g 2 slices of whole wheat bread 8 g 1 cup chickpeas: 15g</p>	 <p>Complementary proteins consist of two incomplete proteins, which work together to supply the body with all nine essential amino acids. These proteins do not have to be eaten in the same meal.</p> <p>4 oz. rice and 4oz. beans: 11g 8 oz. pasta with 8 oz.veggies: 10g 2 T. peanut butter and 2 slices whole wheat bread 13 g</p>

If meat is not your forte, don't worry. You can easily attain your protein needs by eating soy and/or complementary proteins. For more vegetarian/vegan food options visit [www.mypyramid.gov](http://www.mypyramid.gov).



**Make sure the proteins you eat are fully complete!**

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References: Wardlaw, G and Hampel, J. *Perspectives in Nutrition*. 7<sup>th</sup> ed. New York, NY: McGraw-Hill; 2007.

<http://www.nutritiondata.com>

Question? E-mail the Healthy Dining Team at [peggyp@rci.rutgers.edu](mailto:peggyp@rci.rutgers.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and other newsletters, view our web page at <http://food.rutgers.edu>