

# Session 4 – Protein

## I. Objectives

- Explain the definition of protein
- Discuss the different protein sources
- Explain the nutritional role of protein in our diet
- Determine healthy proteins

## II. Introduction

Protein provides vital nutrients for optimal health and maintenance of the body. Proteins are the building blocks of the body.

If there is a cut in the skin it is proteins that come to heal the wound. If we need to grow muscle it is proteins that come to build muscle. If we get an infection it is proteins that produce antibodies.

However, certain proteins contain more saturated fat and cholesterol than others.

## III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

## IV. Health Information

The health educator will ask the client what they know about protein and take note of their response.

The health educator will educate the client.

- Protein is a nutrient that helps your body grow and repair itself, like your skin, muscles, hair and red blood cells in your body. Any time you exercise you are constantly tearing muscle fibers so that when they grow back, they are stronger.
- Most proteins come from animals such as pigs and cows. This type of protein is high in saturated fat which is an unhealthy fat. Saturated fats are solid at room temperature and are associated with higher cholesterol levels in the bloodstream. The rule of thumb when consuming animal based proteins is to aim for 5 grams or less of saturated fat. This can be found in fish and skinless chicken.
- Other sources of protein include vegetarian options. These include beans, peas, nuts, seeds, and soy products. These items contain little to no saturated fat.

**Following are preferred sources of protein:**

- Meat – (lean/fat %) beef (80/20, 73/27) (90/10, 96/4) (grass fed)
- Fish (grilled, baked)
- Chicken breasts (grilled, baked)
- Nuts (almonds, cashews, peanuts, pecans, walnuts– unsalted & natural)
- Peanut Butter (natural) – no partially hydrogenated oils
- Legumes (beans, lentils, chickpeas, peas)
- Eggs
- Milk
- Yogurt
- Cheese

Portion control varies per individual and can be referenced to the supplemental portion guide on page 30.

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## V. Activity

Record the number of healthy proteins consumed using the attached document.



### Weekly Log: Protein Servings Consumed

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| Meats (lean, chicken, fish) | | | | | | | |
| Nuts | | | | | | | |
| Legumes | | | | | | | |
| Daily Total | | | | | | | |

