



Wellness Center

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Protein

Protein is one of the macronutrients that makes up food. Protein is the building block for muscles, bones, and tissues in our body. Proteins are also important for proper enzyme reactions in our body. The amount of protein you need daily will depend on your age, sex, weight, and physical activity level. The amount can also vary depending on whether you are sick, breastfeeding, or pregnant.

The easiest way to determine your protein needs is to take your body weight in pounds and divide it by a factor of 2.2 to convert your weight into kilograms. Next, take your weight in kilograms and multiply that by a factor of 0.8 and 1.1 to calculate a range of protein needs daily.

Example: $150\text{lbs} / 2.2 = 68.2\text{kg}$

$68.2\text{kg} \times 0.8 = 55\text{kg protein per day}$

$68.2\text{kg} \times 1.1 = 75\text{gm protein per day}$

Based on this quick calculation, a person that weighs 150lbs would aim to eat 55-75gm or protein per day. Check out this the USDA's My Plate page for more information on protein and calculations: [USDA MyPlate Protein Foods Group – One of the Five Food Groups](#)

Food	Amount	Protein (grams)
Ground sirloin	3 oz	24
Tofu, firm	½ cup	20
Tuna fish, in water	3oz	20
Prok tenderloins	3oz	18.4
Chicken breast	3oz	26
Cottage cheese	½ cup	13.4
Soy milk	1 cup (8oz)	11
Soybeans (edamame)	½ cup	11
Vegetable or soy patty	1 patty	11
Milk	1 cup (8oz)	8
Peanut butter	2 tablespoons	8
Greek Yogurt	1 cup	15
Kidney beans, canned	½ cup	7
Egg, whole	1	6
Nuts: peanuts, almonds, cashews	1 oz	6
Fish	3 oz	19.5
Cheese	1oz	5-7
Black beans	½ cup	7
Hemp hearts	3 tablespoons	9.5

If you have any questions or concerns about protein intakes, please call the Wellness Center's Dial-A-Nurse helpline at (773) 508-8883 to make an appointment with the Wellness Center dietitian or book online at <https://www.luc.edu/wellness/nutrition/appointmentservices/>.