

Get to know your Nutrition Facts Label: Protein

Protein on the Nutrition Facts Label

- Typically only listed with grams as the measurement unit
- Manufacturers are not required to list the % Daily Value unless there is a statement about the health effects or the amount of protein.

Use this protein line to monitor how much protein you consume each day.

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choosing Lean Protein

- Look at the saturated fat line to determine if your protein source is a lean protein source.
- If the food is lower in saturated fat, it is more heart healthy.

Recommendation: no more than 13 grams of saturated fat per day based on a 2,000 calorie diet

Sources of Lean Protein

- skinless chicken and turkey
- fish, shellfish
- beans, lentils, peas
- nut, seeds, and nut/seed butters
- eggs
- tofu, tempeh
- soybeans, edamame



Protein does not build muscle by itself. Proper weight lifting, resistance exercise, and balanced eating help muscles grow.

The Need for Protein at Each Meal and Snack

body processes, like making hormones

maintain lean muscle

tissue growth and repair

hunger regulation

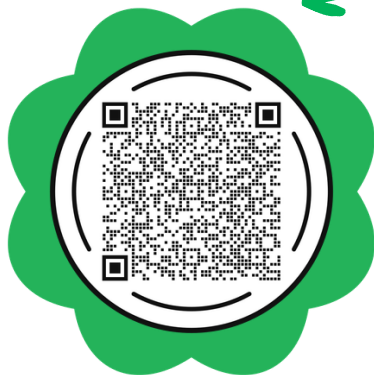
Get to know your Nutrition Facts Label: Protein

Reduce Protein Higher in Saturated Fat

- fried meat
- red meat
- processed meat

Protein higher in saturated fat can increase LDL, which increases risk for heart disease and stroke.

More Tips for Choosing Heart Healthy Proteins



Protein Additives

Prioritize foods naturally high in protein, like beans or fish, which have many nutrients.

Choose foods with protein additives when you have a reduced appetite to prevent protein calorie malnutrition.

The nutrition facts label, cost, and conversations with your healthcare providers can help you make a decision.



Protein Calorie Malnutrition

Not enough energy and protein for a long time

May lead to muscle wasting, impaired immune function, delayed wound healing, and even changes in your heart function.

Causes

- poor food intake
- medications
- illnesses



Prevention

- Eat small, frequent meals and snacks.
- Eat meals with someone else.
- Incorporate protein with meals.
- Prepare meals ahead of time.

Plant-based “meats” sometimes have more saturated fat and sodium. Read the nutrition facts label when shopping.



Adding Protein to Your Day



Include lean protein, like beans, chicken, nuts, tofu, or fish in every meal you eat.



Have fruits and vegetables with peanut butter or hummus as a snack to meet protein needs.