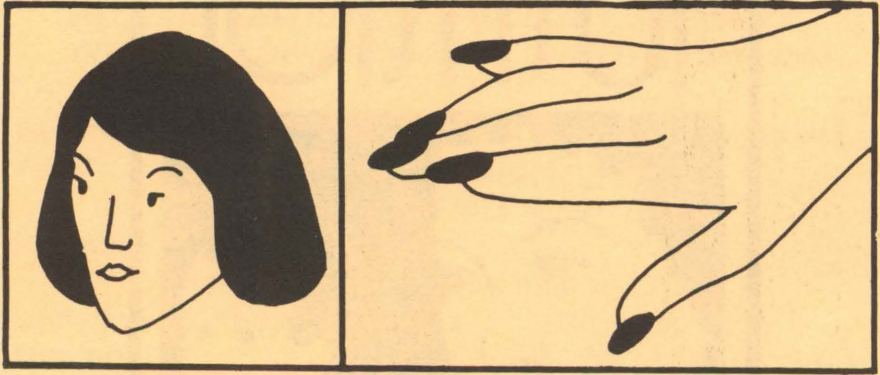




# PROTEIN:

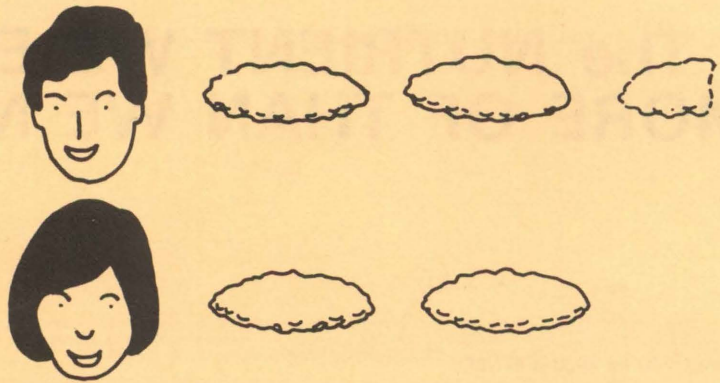
**The NUTRIENT WE EAT  
MORE OF THAN WE NEED**

5655  
ART 2  
no. 348-181  
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**Protein** is important for every part of your body. It is used to build new tissues when you or your child are growing. It repairs worn out or injured tissues like hair, skin or nails. Protein is also important for fighting infection, digesting foods and other body activities. You need to eat protein every day to stay healthy.

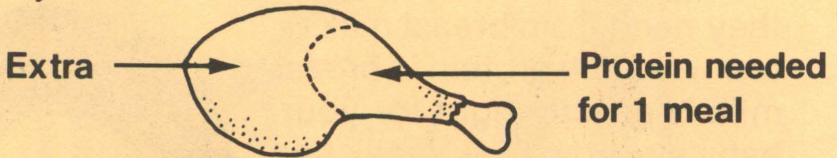
If hamburgers were the only protein food in the world, here is how many 3-ounce hamburgers you would need to eat each day to get your protein needs . . .





**Of course**, you eat other foods besides hamburgers; and many of them contain some protein. So you don't have to eat a large serving of hamburger, chicken, or other excellent sources of protein every day.

**Unfortunately**, many people eat more protein than they need, and their bodies burn it for energy or turn it into fat. This is a waste of protein and a waste of grocery money.



EXCELLENT PROTEIN SOURCES				
MILK	CHICKEN	BEANS	PORK	NUTS
CHEESE	FISH	BEEF	EGGS	LAMB
OTHER PROTEIN SOURCES				
BREAD	RICE	PEAS	SPAGHETTI	
CEREAL	CORN	NOODLES	TORTILLAS	

**Try** combining the other protein sources with a small (1-2 ounces) amount of an excellent protein.

- |                     |                          |
|---------------------|--------------------------|
| CEREAL AND MILK     | SPAGHETTI AND MEAT BALLS |
| BREAD AND CHEESE    | MACARONI AND CHEESE      |
| TORTILLAS AND BEANS | TOAST AND EGGS           |

Try these and many other combinations and save money without losing good nutrition.

**PREGNANT AND NURSING WOMEN** need extra protein each day to meet the needs of the growing baby and to keep up their own health.

## DAILY PROTEIN NEEDS

**PROTEIN NEEDS** depend on **BODY SIZE** and if **YOU** are **GROWING** and **BUILDING** large amounts of **NEW TISSUE**.

**Normal Adult** 2 servings of excellent protein each 2 ounces  
4 servings of other protein source  
2 cups of milk or milk products

**Pregnant or Lactating Woman** add 2 cups of milk or milk products to the above foods.

**INFANTS** get all the protein they need from breast milk or formula. The protein in breast milk is exactly right for your baby's needs. Cow's milk has a larger, tougher protein that young infants have a harder time digesting. You should not give your baby cow's milk before she or he is six months old. By one year of age, your child will also eat small servings of the foods that give you and the rest of your family protein.



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