



# Translating Research into Real Food Solutions

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The Guilt-Free RD

“because food shouldn’t make you feel bad!” TM

## Time to Re-think Protein's Place on Your Plate

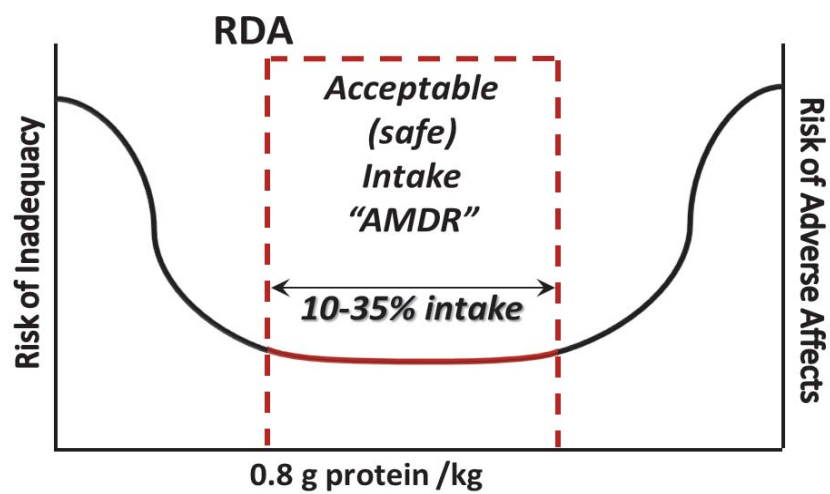


People consume more than 60% of their daily protein at dinner, leaving 35% distributed among other meals and snacks - NHANES

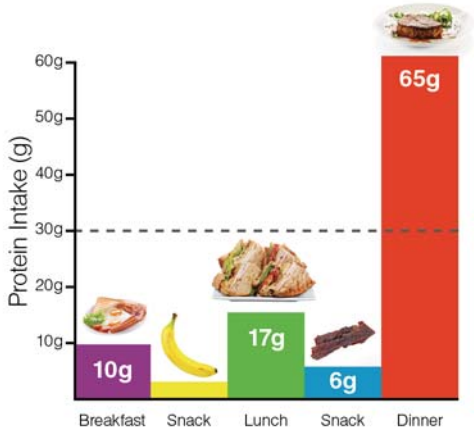
# Protein Needs

Recommended Dietary Allowance (RDA): 0.8 g protein/kg/d  
*Minimal amount to prevent deficiencies - lower end of AMDR*

Acceptable Macronutrient Distribution Range (AMDR): 10-35% of daily intake



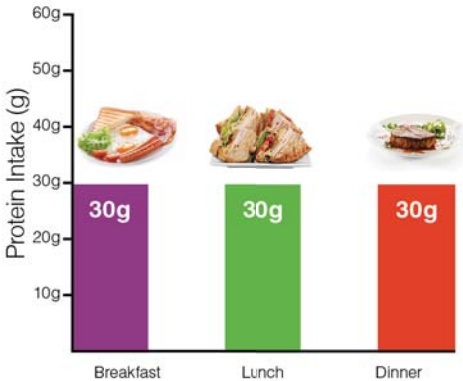
# Goal: 25-30 Grams Protein Per Meal



## 25-30 GRAMS

Aim for this amount (according to new research<sup>3)</sup>) in each breakfast, lunch and dinner meal to:

- Improve daily muscle maintenance
- Protect against muscle loss
- Help with growth and repair
- Increase satisfaction and fullness



## Protein Amounts Vary Greatly

FOOD	AMOUNT OF PROTEIN	FOOD	AMOUNT OF PROTEIN
3 oz skinless chicken breast	26 g	1/2 cup tofu	10 g
3 oz strip steak	25 g	6 oz regular yogurt	9 g
3 oz 95% lean ground beef	22 g	1/2 cup cooked edamame	9 g
3 oz pork tenderloin	22 g	1/2 cup cooked black beans	8 g
3 oz canned tuna	20 g	1 cup skim milk	8 g
3 oz filet of salmon	19 g	2 Tbsp peanut butter	8 g
3 oz shrimp	19 g	1 oz cheddar cheese	7 g
6 oz nonfat Greek plain yogurt	17 g	1 oz almonds	6 g
1 oz beef jerky	15 g	1 cup cooked oatmeal	6 g
3 oz deli ham	14 g	1/2 cup cooked quinoa	4 g
3 oz deli turkey	12 g	1/2 cup cooked brown rice	2.5 g

USDA Agriculture Research Service, National Nutrient Database for Standard Reference, Release 26

## Build a Better Breakfast

- Nonfat latte instead of plain coffee = **8 g protein**
  - 1 cup milk = 8 g
- Omelet: leftover veggies, beef and cheese = **23-29 g protein**
  - 1-2 eggs = 6-12 g
  - 1 oz lean beef = 10 g
  - 1 oz cheese = 7 g
- Breakfast sandwich = **26 g protein**
  - 1 egg = 6 g
  - 1 ½ oz Canadian bacon = 9 g
  - 1 oz cheese = 7 g
  - English muffin = 4 g



## Build a Better Breakfast

- Greek yogurt with nuts and berries = **28 g protein**
  - 8 oz Greek yogurt = 22 g
  - 1 oz nuts = 6 g
- Smoothie = **31 g**
  - 1 cup milk = 8 g
  - 4 oz Greek yogurt = 11 g
  - ½ scoop whey approx. = 12 g



## Sample Breakfast Menu

### Steak and Eggs Breakfast Taco

Serve with fresh fruit + glass of milk

**Nutrition information per serving:** 313 calories; 15 g fat (5 g saturated fat; 6 g monounsaturated fat); 231 mg cholesterol; 504 mg sodium; 19 g carbohydrate; 1.7 g fiber; 25 g protein





## Lunch On-The-Go

How does your salad stack up?

Salad with protein = **25-30 g protein**

- 3 oz steak = 25 g
- 3 oz chicken breast = 26 g
- 3 oz roast beef = 17 g
- 3 oz deli ham or turkey = 12-14 g
- 1 egg = 6 g
- ½ cup garbanzo beans = 8 g
- ½ cup kidney beans = 4 g
- ½ cup edamame = 9 g
- ½ cup tofu = 10 g
- 1 oz cheese = 7 g
- 1 oz nuts = 6 g



## Lunch On-The-Go

- Wrap with veggies and lean protein = **25-30 g protein**
  - 3 oz meat = 12-26 g
  - 1 oz cheese = 6 g
  - 1 tortilla = 1 g
- Cottage cheese and veggies = **28 g protein**
  - 1 cup cottage cheese = 28 g
  - Veggies = 0-1 g
- Lowfat cheese and fruit = **22 g protein**
  - 3 oz lowfat cheese = 21 g
  - 2 fruit servings = 1 g
- Fast food ¼ pound hamburger = **32 g protein**
- Homemade tuna fish sandwich = **21-28 g protein**
  - 3 oz tuna = 17g; 4 oz tuna = 22 g
  - Bread = 2-6 g per slice



## Dress Up Your Dinner

Balance your protein with kabobs, stir fries, soups, salads, casseroles



Follow MyPlate:  $\frac{1}{2}$  veggies,  $\frac{1}{4}$  protein,  $\frac{1}{4}$  grains  
*(aiming for about 3-4 oz meat)*



## Sample Dinner Menu

### Tenderloin, Cranberry and Pear Salad with Honey Mustard Dressing

- 4 oz beef tenderloin steak
- 1 ½ cups mixed baby greens
- Pear wedge, dried cranberries, chopped pecans, goat cheese (optional)

Serve with whole wheat roll

**Nutrition information per serving:** 321 calories; 14 g fat (3 g saturated fat; 7 g monounsaturated fat); 67 mg cholesterol; 434 mg sodium; 21 g carbohydrate; 3.3 g fiber; 26 g protein



## What About Snacks?

- Research shows the benefits of snacking on satiety, glucose control, weight management, exercise
- Choose snacks based on individual needs and situations
- Avoid distributing protein into snacks – aim for 25-30g at meals and look for ways to add protein to snacks as needed or desired

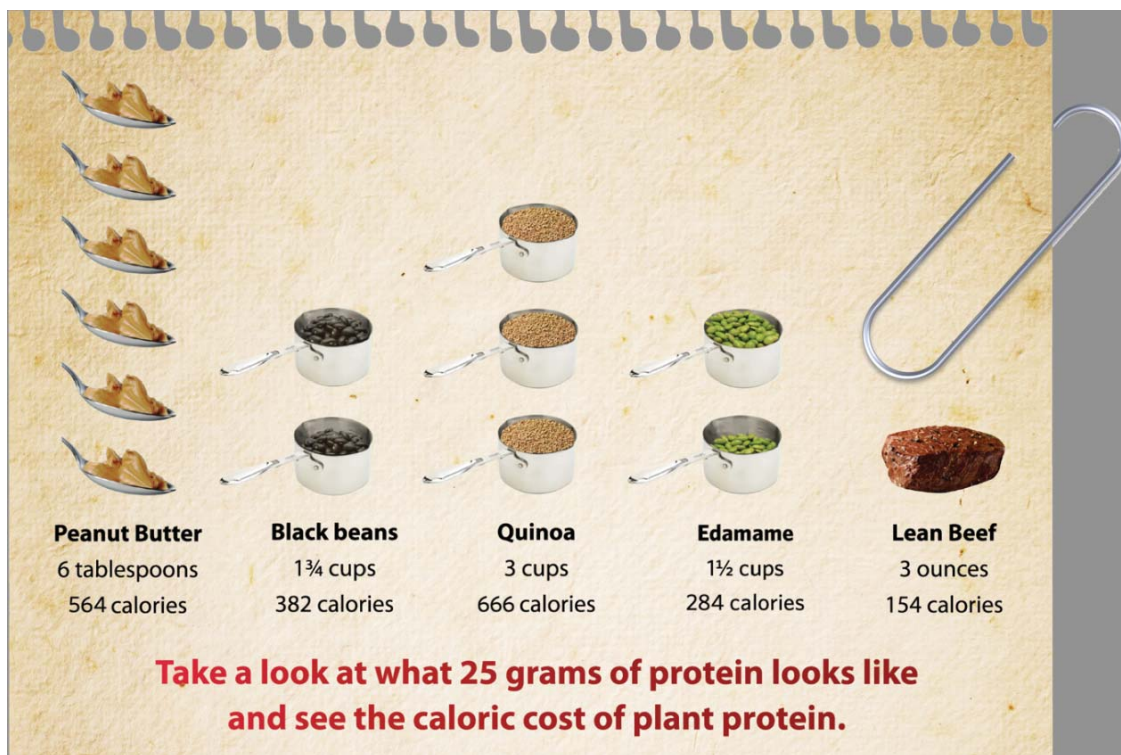


## All Proteins Are Not Created Equal



High-Quality Protein → Essential Amino Acids → Optimal Health

# Protein Calories Vary Greatly





## Lean Beef is Readily Available

Lean cuts of beef (per 3 oz cooked):

- Bottom Round Roast – 4.6g total fat (1.6g saturated)
- Top Round Steak – 4.9g total fat (1.9g saturated)
- Top Loin Steak – 6.0g total fat (2.3g saturated)
- T-Bone Steak – 8.2g total fat (3g saturated)
- 95% Lean Ground Beef – 5.1g total fat (2.3g saturated)

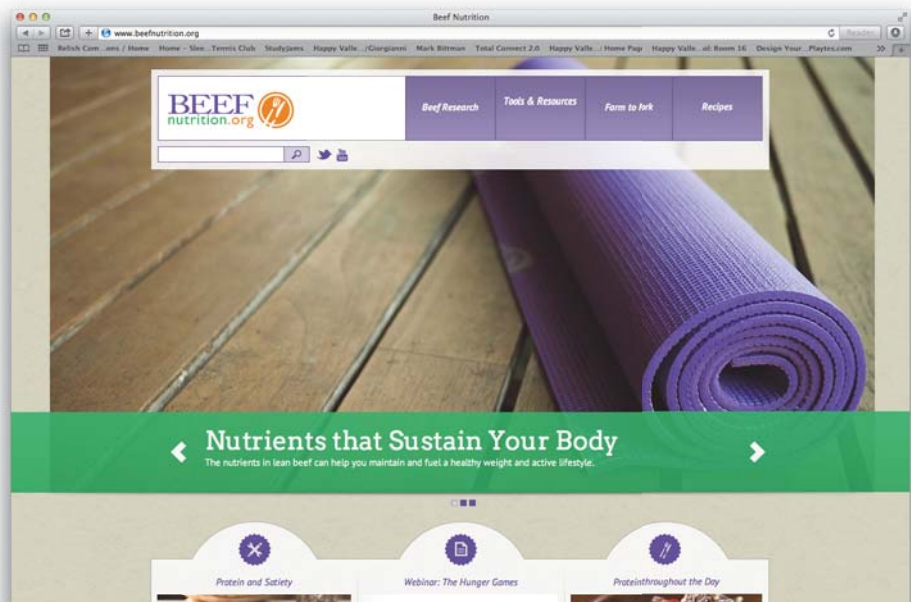




# Resources

## BeefNutrition.org

- Beef Research
- Tools & Resources
- Farm to Fork
- Recipes



# Resources

## BeefItsWhatsforDinner.com

- Recipes
- Butcher Counter
- Cooking
- Health

