

Tips:

- Choose a wide variety of lean meat and low-fat milk sources. Sources of these foods include fish, turkey, chicken without the skin, egg whites, low-fat milk and low-fat cheese.
- Bake, broil and grill lean meats
- Limit protein to requirements as stated. Think small when it comes to protein portions. A portion is $\frac{1}{4}$ of your plate.
- Choose less processed meats (luncheon meat, hot dogs).
- Increase the amount of legumes, nuts and seeds, at least 2-3 times per week for meat eaters and daily for vegetarians.

References:

<http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-adults-background-paper>

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<http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-older-people-background-paper>

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CDC Center for Disease Control website



GOVERNMENT OF BERMUDA
Ministry of Health

Department of Health

Meat/Meat Alternatives



What are meat and meat alternatives?

They are animal and plant foods that supply the body with protein.

Where do I get protein?

Animal: Meats (lamb, beef, pork), seafood, chicken, eggs, milk and milk products

Plant: Legumes (soy beans, lentils, beans, black eye peas, chickpeas, dried peas, nuts) seeds (pumpkin, hemp, sunflower, flax seed and Quinoa)

Recommended Intake:

Recommended Dietary Allowance for Protein	
	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

CDC Center for Disease Control and Prevention website

What does protein do?

- Provides the building blocks to every cell in the body,
- Needed to build and repair tissue, to make hormones, enzymes and antibodies, and
- Provide calories for the body.

Can I get enough protein from a vegetarian or vegan diet?

Yes. Well-balanced planned vegetarian diets, including total vegetarian or vegan diets, are healthful and nutritionally adequate. Good sources of protein include eggs, low fat dairy, legumes, nuts, nut butters, seeds, tofu, textured vegetable protein, soy products, seitan, tempeh, quinoa, and other meat alternatives.

What happens if I get too much protein?

- May cause kidney problems,
- May cause kidney failure if you have a preexisting renal condition, diabetes or high blood pressure,
- May lead to loss of bone density,
- May contribute to health risks associated with excess weight gain.

What happens if I get too little protein?

- May lead to Protein Energy Malnutrition (PEM),
- In some hyper metabolic diseases the body will use its own protein stores (muscle) to create the energy it needs to continue functioning, and make up the essential amino acids it requires.