

GETTING YOUR SHARE OF PROTEIN

Name _____ Period ____ Assign #

It is recommended that teens consume 10-30% of their daily calories from proteins. Determine your daily requirement by following this formula:

Go to www.mypyramid.gov to determine your daily caloric needs.

If your caloric needs are 2,000 calories per day you would do the following:

$$2,000 \times .10 = 200 \text{ calories} / 4 \text{ calories per gram} = 50 \text{ grams protein}$$

$$2,000 \times .30 = 600 \text{ calories} / 4 \text{ calories per gram} = 150 \text{ grams protein}$$

Your protein range for the day would be between 50 and 150 grams.

Note: If your caloric needs are different from 2,000, replace the 2,000 in equations above with your caloric needs and re-figure range for grams of protein. (Food for Today, Kowtaluk, 2006)

MY DAILY PROTEIN NEEDS: between _____ grams and _____ grams per day

Keep track of the foods that contain protein that they eat for one day. Using nutritional value charts figure the amount of protein eaten. Answer the question below the chart.

FOODS EATEN IN ONE DAY	GRAMS OF PROTEIN
TOTAL NUMBER OF GRAMS PROTEIN CONSUMED	

QUESTION? "Have you eaten enough protein today?"