

Protein

Protein is vital to everyone's good health and survival. Protein is a nutrient in the foods we eat. It is also a component of muscle, organs, hormones, immune cells and more. Proteins are involved in many body functions and are necessary to build and repair body tissues and essential to fight infections. Protein can be used as a fuel source when energy demands are greater than food intake. It is important to eat enough foods containing carbohydrate and fat so that protein in the muscle and organs and from the diet are protected and reserved to perform its life sustaining functions.

Protein is found in both animal and plant foods. When consuming only protein from plant sources, a little more protein is needed. For people living with HIV, foods rich in protein should be part of every meal. The total amount of protein needed varies depending upon HIV status, lifestyle, activity, and kidney function. The Recommended Dietary Allowance, set for healthy men 25 years and older is 63 grams of protein a day. For healthy women 25 years and over, the RDA is 50 grams of protein a day. A person living with HIV may sometimes need twice as much, 10-16 ounces of protein or about 80-120 grams a day.

Sources of Protein

Foods rich in protein also contain fat, water vitamins and minerals. Except for dairy, animal sources of protein do not contain carbohydrates or fiber. The following lists foods with equal amounts of protein ranked by level of fat. Notice that most protein foods are listed in measurements only one ounce of the food and that the major difference in calories between them are due to the amount of fat.

Very Lean (provides 7 grams protein, 0-1 gram fat, and 35 calories per ounce):

Chicken or turkey (white meat, no skin), fish (fresh or canned in water), processed sandwich meats with 1g of fat or less, beans (1/2 cup), split peas (1/2 cup), lentils (1/2 cup), and 2 egg whites.

Lean (provides 7 grams protein, 3 grams fat, and 55 calories per ounce):

Lean beef (select or choice grades), ham, chicken and turkey (dark meat), cottage cheese (1/4 cup), and Parmesan cheese.

Medium-Fat (provides 7 grams protein, 5 grams fat, and 75 calories per ounce):

Most beef products: ground beef, meatloaf, and prime rib. Pork chops and loins and any fried fish or chicken. Also, feta, mozzarella, and ricotta cheese (1/2 cup), 1 egg, soymilk (1 cup if fortified), tofu (check the package label).

High-Fat (provides 7 grams protein, 8 grams fat, and 100 calories per ounce): pork spareribs, pork sausage, all regular cheeses such as American, cheddar, Swiss, and Monterey jack, hot dogs, bacon, salami, bologna, and peanut butter (2 tablespoons).

The following table lists some foods commonly provided by NOLP with their macronutrient (protein, carbohydrate, fat) breakdown and note about the micronutrients (vitamins and minerals) they provide.

For more information or to sign up for a nutrition class call:

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Food Item	Serving Size	Grams Protein	Grams Carbohydrate	Grams Fat	Source of:
Peanut butter	2 tablespoons	9.2	5.1	16.5	Phosphorus, potassium, mono & poly-unsaturated fat, vitamin B6
Turkey	1 oz	8.6	0	1.6	Iron, vitamin B6
Almonds	¼ cup	8.0	6.2	22.6	Fiber, iron, calcium, zinc, phosphorus, potassium, mono & poly-unsaturated fat
Milk, 2%	1 cup (8 oz)	7.9	11.4	4.5	Calcium, vitamin D & A, potassium, phosphorus
Beans: pinto, navy, black, others	½ cup	7.9-7.0	20.0-24.0	0.5	Fiber, iron, potassium, vitamin B6, folate, phosphorus
Fish: tuna, salmon, others	1 oz.	7.9-7.2	0	0.2, 1.3	Omega-3-fatty acids
Beef	1 oz	5.7-8.8	0	15-30	Iron, vitamin B6, zinc
Pork chop	1 oz	6.9	0	7.1	Vitamin B1, B6, niacin
Cheese	1 oz	6.3	0.5	8.9	Calcium, phosphorus,
Egg	1	5.4	0.5	4.3	Iron, vitamin A
Potatoes	3 oz	4.4	50.4	0.2	Fiber, iron, phosphorus, potassium vitamins B6 & C
Canned Peas	½ cup	3.9	12.9	0.3	Fiber, vitamin A
Pasta	½ cup	3.3	19.8	0.5	Fiber, B-vitamins
Bread	1 slice	2.2	13.0	0.8	Fiber, B-vitamins
Fruit	½ cup	0	15.0	0	Fiber, vitamins C and/or A

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