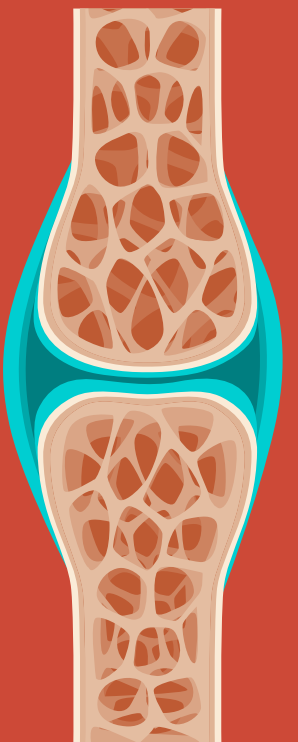


BENEFITS OF PROTEINS



- BONE HEALTH
- BLOOD GLUCOSE MANAGEMENT
- BUILDING MUSCLE AND RECOVERY
- INCREASES SATIETY
- WEIGHT MANAGEMENT
- BOOSTS METABOLISM
- AIDS IN COGNITIVE FUNCTION



SOURCES OF PROTEINS

- SEEDS & NUTS
- PROTEIN BARS AND PROTEIN POWDER
- DAIRY
- EGGS
- BEANS
- LEGUMES
- PLANT PROTEIN
- ANIMAL PROTEIN

DAILY RECOMMENDATIONS

RDA: 0.8 GRAMS PER KG BODY WEIGHT PER DAY

ACADEMY OF NUTRITION AND DIETETICS: 1.2-2.0 GRAM PER KG BODY WEIGHT PER DAY

REGULAR EXERCISE: 1.1-1.5 GRAM PER KG BODY WEIGHT PER DAY

LIFTING/HIGHER CARDIO: 1.2-2.7 GRAM PER KG BODY WEIGHT PER DAY

ACCEPTABLE MACRONUTRIENT DISTRIBUTION RANGE: 10-35% OF TOTAL CALORIES PER DAY