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| **Source** | **Suggested Serving Size** | **Special Notes** |
| Whey protein isolate | 25–30 grams for women; 40–45 grams for men | Whey protein isolate is the most bioavailable source of protein. It supports healthy immune system function and is the most useful type of protein to encourage the loss of body fat while maintaining muscle mass. It is also a source of the antioxidant glutathione. A whey protein isolate is easier to absorb than a concentrate and tends to cause less digestive upset for individuals sensitive to dairy. Always choose protein powder supplements that are free of added sugar and artificial sweeteners. |
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| Rice or bean protein powders | Same as whey  | These are good options for vegans and can also be used as an alternative to soy if you are concerned about too much soy in your diet. |
| Fish | 4 – 5 ounces for women; 6 – 7 ounces for men  | Choose organic farmed fish or wild fish as often as possible. Limit your intake of tuna, swordfish, mahi mahi, king mackerel and other larger fish that often have high mercury content. Avoid non-organic farmed fish as much as possible, as these typically contain more toxins. |
| Chicken and turkey | 4 – 5 ounces for women; 6 – 7 ounces for men | Choose organic whenever possible. Remember ground chicken and turkey as a lower-fat alternative to beef in burgers and chili. |
| Omega-3 eggs and liquid egg whites | Women: 4 to 6 egg whites; men 5 to 7 egg whites | I recommend always using 1 whole egg and adding in more liquid egg whites rather than throwing out your yolks. (The protein from the whites is better absorbed in the presence of yolk, plus it tastes better!) |
| Low-fat cottage and ricotta cheese | 1 cup = 28 grams of protein (so women should consume 1 cup; Men 1.5 cups) | Great mixed with yogurt to increase the protein content or eaten alone with fruit. |
| Fermented soy products | Size and width of your palm; stick to a maximum 1 serving of soy products per day | If you choose soy-based meat substitutes, pick ones that are low in fat and also free of additives and GM soy. Tofu, tempeh, soy nuts and edamame can also be used as sources of protein. I prefer tempeh over tofu because it is a fermented source of soy protein and, therefore, more absorbable. |
| Organic pressed cottage cheese (Organic Meadows) | ½ cup = 24 grams protein(so women should have ½ cup, whereas men may have ¾–1 cup serving size) | Excellent for adding texture and protein to soups and chilies. |
| Scallops | 5–7 medium-sized or about 15 small scallops provides more than 15 grams of protein | Scallops are almost pure protein. |
| Shrimp | 4 ounces = 23 grams of protein | If you choose shrimp, be aware that it does contain significant amounts of cholesterol (though the effect of this on our cholesterol level is debatable). |
| Lean cuts of red meat | Size and width of your palm | Again, organic is best. These are high in saturated fat, so keep your intake to only once or twice per month. |