



DISPLAY/HANDOUT

How Much Protein is in That?

Want to remind shoppers that it's easy to get the protein they need, every day?
Here are two ways you can create a simple display to make your point:

OPTION 1: PROTEIN HANDOUT

- A. Print out copies of the protein display on the following page and use as a handout.
- B. Display the handout in an 8.5" x 11" clear holder, propped anywhere in your store.

OPTION 2: TABLETOP DISPLAY

- A. Gather examples of any or all of the products shown on the handout:
 - an empty milk carton
 - fish *
 - a container of Greek yogurt
 - a box of quinoa, bulgur or other whole grain
 - an empty egg carton
 - a tin of mixed nuts
 - a can of lentil soup
 - chicken breasts *
- B. Print out the sheet of labels and the *Dietary Needs for Protein* chart on heavy card stock, then cut into individual labels.
- C. Prop the information labels next to each product, or use clear tape to attach, and display the *Dietary Needs for Protein* chart nearby.
- D. Optional: print copies of the handout that shoppers can take home.

* For fish and chicken, you don't want to keep fresh food on display for food safety reasons.
Find canned fish or chicken, or use an empty box from plain frozen fish or chicken.

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DISPLAY/HANDOUT

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Most people need around 50 grams of protein daily—a bit more for active adults. Protein isn't found just in meat. Check out all these great ways to get the protein you need, each day.



8 ounce glass of milk

8 grams protein



1 cup lentil soup

9 grams protein



3 ounce cooked salmon

22 grams protein



6 ounce Greek yogurt

17 grams protein



2 large eggs

12 grams protein



3 ounces cooked
chicken breast

26 grams protein



1 ounce mixed nuts

6 grams protein



1 cup cooked quinoa, spelt,
or most other whole grains

6-8 grams protein

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DISPLAY/HANDOUT

Recommended Dietary Allowance for Protein

Age Group	Grams of Protein Needed Daily
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

You can also multiply your weight in pounds by .36 to get your daily protein need in grams.
For instance, if you weigh 150 pounds, aim for about 54g of protein.

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