

PROTEIN PROPORTION

CALORIES \div 10 = IDEAL GRAMS OF PROTEIN



Let's be real, claims on food items can be very misleading! It seems like every food in the grocery store these days is stating some nutritious wonder, especially "good source of protein". But just because the box says it, doesn't mean it is necessarily true!

So here is a great tip, take the total number of calories and divide by 10. If the grams of protein are more than that, you are good to go and you can feel confident that the food is a high protein choice!!

-Alicia Fanelli, MPH, RD, CSOWM

PEANUT BUTTER

CALORIES: 180

PROTEIN: 7GM

IS IT A GOOD PROTEIN SOURCE?

$180 \div 10 = 18$

7GM IS LESS THAN 18GM, SO THIS IS NOT A
GOOD SOURCE OF PROTEIN



OIKOS TRIPLE ZERO

CALORIES: 90

PROTEIN: 15GM

IS IT A GOOD PROTEIN SOURCE?

$90 \div 10 = 9$

15GM IS GREATER THAN 9GM, SO THIS IS
A GOOD SOURCE OF PROTEIN

