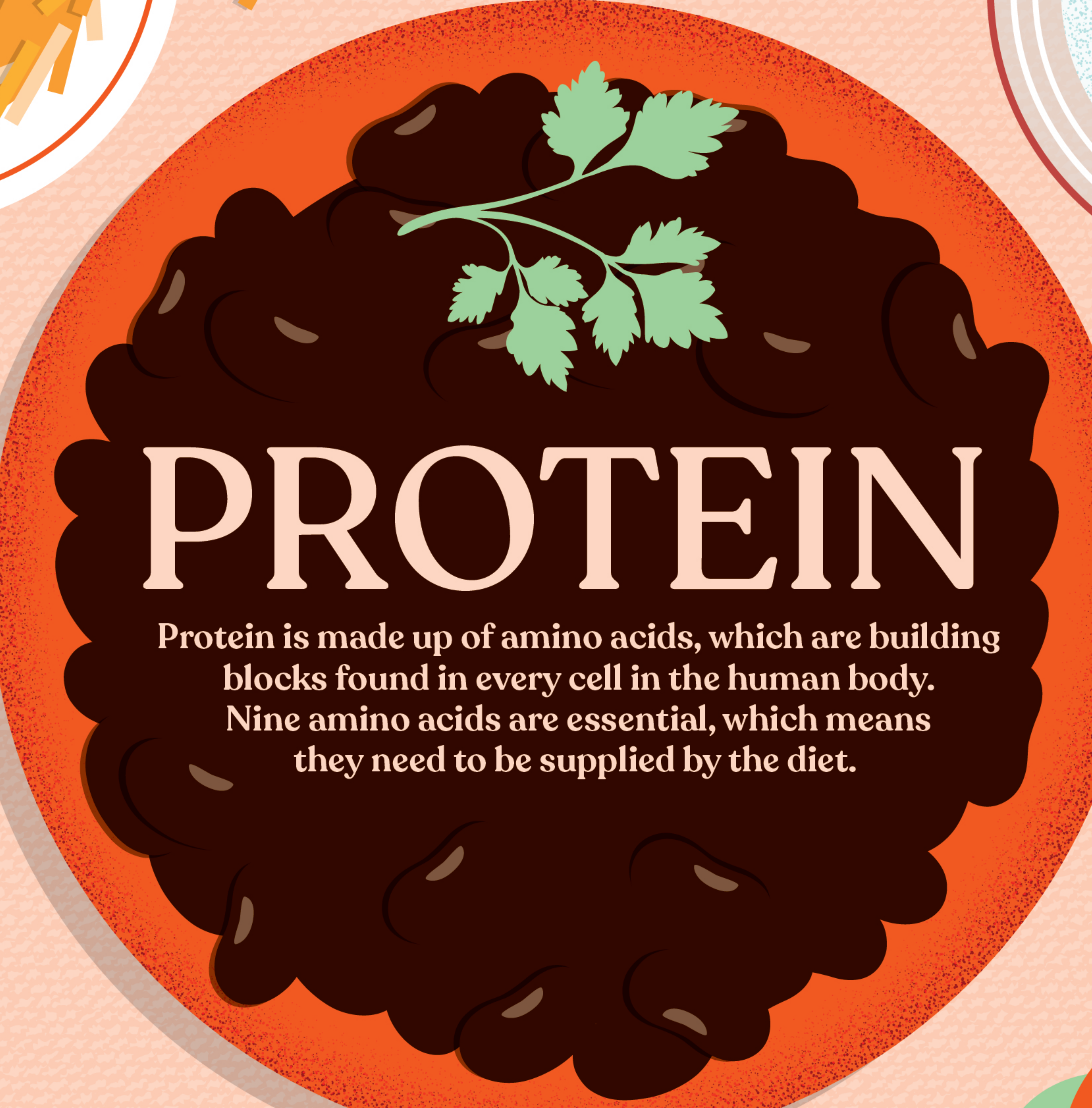


Protein intake is associated with health benefits such as

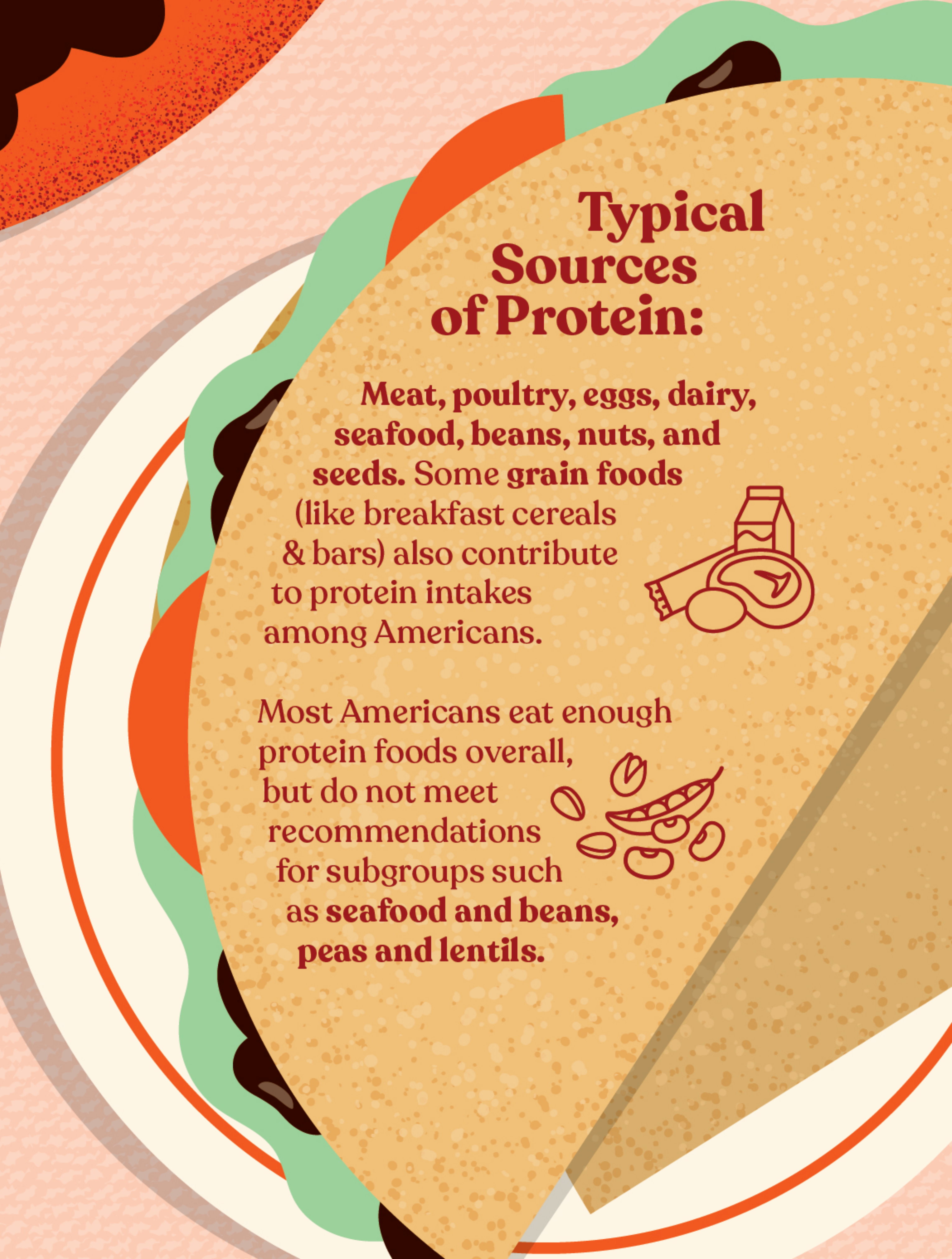
 satiety

 muscle growth, maintenance and repair



PROTEIN

Protein is made up of amino acids, which are building blocks found in every cell in the human body. Nine amino acids are essential, which means they need to be supplied by the diet.



Typical Sources of Protein:

Meat, poultry, eggs, dairy, seafood, beans, nuts, and seeds. Some grain foods (like breakfast cereals & bars) also contribute to protein intakes among Americans.

Most Americans eat enough protein foods overall, but do not meet recommendations for subgroups such as seafood and beans, peas and lentils.



PROTEIN PROVIDES 4 KCAL PER GRAM

On the nutrition facts panel, the grams of protein is based on total protein, whereas the daily value is calculated from quality protein.

Not all proteins are the same. Protein quality is a concept that goes beyond total protein to consider the amino acid make-up & digestibility.

Recommended Protein Intakes

The recommended amount of protein varies by age, gender, and life stage. Target intakes of protein are about 46 grams per day for women and 56 grams per day for men aged 19+.

Age/Life Stage	Recommended Daily Amount (total grams of protein per day)	
	female	male
6-11 months		
1-3 years	11g	11g
4-8 years	13g	13g
9-13 years	19g	19g
14-18 years	34g	34g
19+ years	46g	52g
pregnancy & lactation	46g	56g
	71g	NA

Reference: National Institute of Health Office of Dietary Supplements, Nutrient Recommendations and Databases

MOST AMERICANS ARE GETTING ENOUGH TOTAL PROTEIN

< 3% OF CHILDREN
aged 1-13 do not get enough protein

8% OF ADOLESCENT MALES
aged 14-18 do not get enough protein

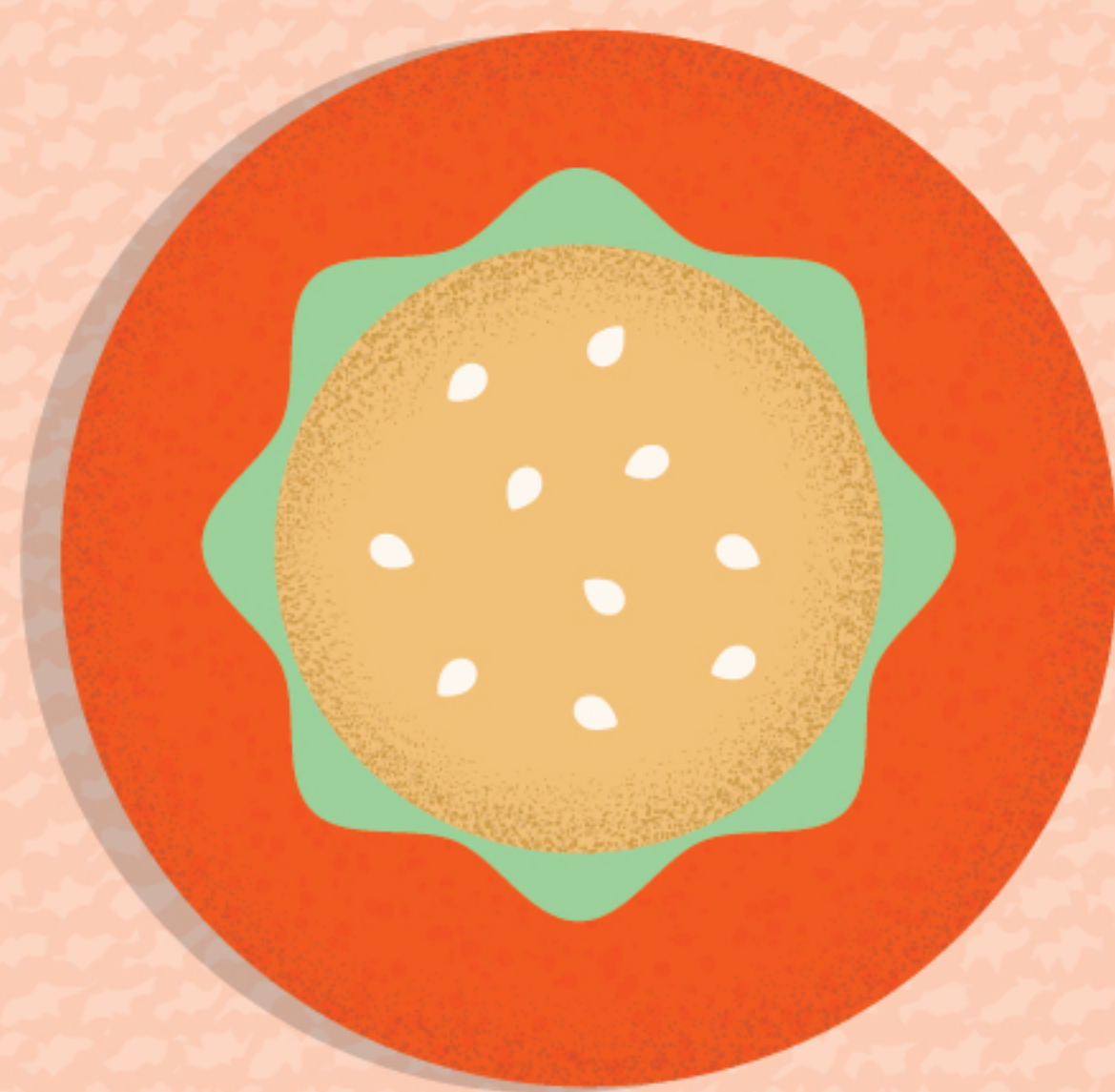
23% OF ADOLESCENT FEMALES
aged 14-18 do not get enough protein

5% OF ADULT MALES
aged 19+ do not get enough protein

9% OF ADULT FEMALES
aged 19+ do not get enough protein

The top 3 food category sources of protein among the general population*:

* Aged 2+ years in NHANES 2017 - March 2020



burgers & sandwiches
(including tacos and burritos)



meat, poultry, and seafood mixed dishes



rice, pasta, and other grain-based mixed dishes

Breakfast cereals and bars are among

Top 5 food category sources of protein in females aged 2+

Top 7 food category sources of protein in males aged 2+

References https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
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