




the  **POWER** of
PROTEIN

GETTING THE RIGHT AMOUNT OF PROTEIN

How much protein you need daily is determined by a number of variables including age, gender, activity level, and others. The following protein recommendations are for the general population engaging in physical activity. For endurance and strength-training athletes, protein needs may be increased.

GENDER	AGE (Year)	PROTEIN (Grams/Day)
	9 - 13	34
	14 - 18	46
	19 - 70+	46
	9 - 13	34
	14 - 18	52
	19 - 70+	56

Source: <http://www.cdc.gov/nutrition/everyone/basics/protein.html>

PROTEIN TASTES GOOD



GREAT FLAVORS

10g
PROTEIN
PER BAR



13g
protein
cup serving

+



10g
protein
per serving

=

23g
TOTAL
PROTEIN

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PROTEIN



PULSE ON PROTEIN

Protein is part of every cell, tissue, and organ in the body

Protein helps build and maintain muscle and healthy tissue

Protein aids in the body's recovery after physical activity

Food Sources of Protein

BEEF



FISH

CHICKEN



EGGS

SOY



BEANS

NUTS & SEEDS



LOW-FAT DAIRY



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