

Natalíe Zaparzynskí m.a. r.d. l.d.n.

Natalie is our registered dietitian who provides an array of nutrition counseling services to Bryn Mawr and Haverford College Students. She is experienced in nutrition education, nutrition research, and nutrition counseling.

In addition, she consults with Dining Services on menu planning, recipe development, as well as teaching wellness classes & participating in the Body Image Councils on both campuses.

Individual counseling is available by appointment.

Healthy eating Weight management Sports nutrition Eating disorders Food allergies Lactose intolerance Other nutrition & wellness concerns

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Nutrition information with menu recipe analysis available online at: http://brynmawr.computrition. netsmartcloud.com/ and at kiosks in the dining halls!

Let us know about any allergies or dietary needs that you have: www.brynmawr.edu/sites/default/files/ special-diet-needs-form.pdf





Eating Healthy Proteins



www.brynmawr.edu/dining www.haverford.edu/dining-services

> HAVERFORD COLLEGE DINING SERVICES

Why is protein important?

Protein is essential for building and maintaining muscle, weight management, and aids in healing the body.

We must provide the body with a regular supply of protein to repair cells.

Including protein in your meals and snacks will help keep you full as well as maintain stable blood sugars.

How much protein do I need? The amount of protein needed varies depending on age, sex, activity level, and health status. In healthy adults, protein intake should be around 25-35% of your total calorie needs. Athletes or people with chronic illness may need more.

| Daily Calorie Intake | Estimated Grams of Protein | |
|-------------------------|-------------------------------|--|
| 1600 | 75-140 g | |
| 2000 | 90-175 g | |
| 2400 | 100-210 g | |

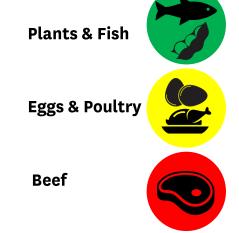
*Meet with a dietitian if you want more Information on finding appropriate amounts for your body



How can I choose a healthy proteín?

Look at the Legs!

The fewer the legs, the leaner the protein.



Choose plant-based protein and fatty fish like salmon as often as you can.

Chicken, eggs, and other poultry are also a great option. Any proteins with 4 legs or more should be a more occasional choice.

| Plant Sources of Protein | Grams of Protein |
|------------------------------|---------------------|
| 1/2 Cup Tempeh | 17 g |
| 1/2 Cup Edamame | 9 g |
| 1/2 Cup Tofu | 9 g |
| 1/2 Cup Lentils | 9 g |
| 2 Tbs Peanut Butter | 9 g |
| 1/4 Cup Chick Peas | 8 g |
| 10z Almonds | 6 g |
| 10z Pumpkin Seeds | 5 g |
| 1/2 Cup Cooked Quinoa | 4 g |
| 10z Walnuts | 4 g |
| Animal Sources of Protein | Grams of Protein |
| 3 oz Chicken Breast | 26 g |
| 2 oz Baked Salmon | າງ ອ |

| Protein |
|---------|
| 26 g |
| 23 g |
| 23 g |
| 22 g |
| 20 g |
| 13 g |
| 8 g |
| 8 g |
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