

PROTEIN PACKING YOUR DAY

With USU Dietetic Students: Avery, Kamryn, and
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Overview

Protein packing your day is a free cooking demonstration to all students at USU. During this event you will learn how to prepare 3 different high protein snacks, without meat or protein powder ingredients. Keeping it budget friendly and unique. We are excited to help students think out of the box when it comes to protein dense snacks.

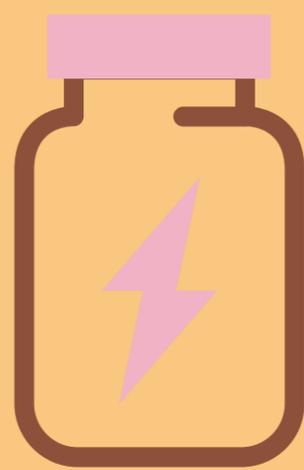


Benefits of Protein¹

Protein is an important building block of cartilage, muscle, bone, and skin. Our bodies use protein to repair, heal, and build tissue.

Daily protein recommendation²

It's a good idea to eat protein at every meal and snack. This helps you stay full and supports muscle growth and maintenance.



References

1. Berryman CE, Lieberman HR, Fulgoni VL 3rd, Pasiakos SM. Protein intake trends and conformity with the Dietary Reference Intakes in the United States: analysis of the National Health and Nutrition Examination Survey, 2001-2014. *Am J Clin Nutr.* 2018;108(2):405-413. doi:10.1093/ajcn/nqy088
2. Shriver LH, Betts NM, Wollenberg G. Dietary intakes and eating habits of college athletes: are female college athletes following the current sports nutrition standards?. *J Am Coll Health.* 2013;61(1):10-16. doi:10.1080/07448481.2012.747526

Average adult: 0.8g/kg
Endurance athletes: 1.3-1.6g/kg
Resistance athletes 1.6-1.7g/kg

Powerballs

1 cups old fashioned oats (10g)
2/3 cup toasted shredded coconut (3.6g)
1/2 cup creamy peanut butter (25g)
1/2 cup ground flaxseed (21g)
1/2 cup semisweet chocolate chips (3.8g)
1/3 cup honey
1 T chia seeds (1.7g)
1 tsp vanilla extract

Directions:

Stir all ingredients together
Chill for 1-2 hours
Roll into 1 inch balls and enjoy!

Makes: 20-25 balls
Serving Size: 4 powerballs
Grams of protein: 13g

Smoothie

1 cup frozen mixed berries (1g)
1 cup greek yogurt (25g)
2 T honey
2 T chia seeds (3.3g)
1/4 cup whole milk (2g)
Handful of spinach

Directions:

add all ingredients into blender
& blend until smooth

Makes one smoothie
Serving Size: 1
Grams of protein: 31g

Corn Salsa

Can of black beans (35g)
Can of white corn (10g)
Cilantro
Juice of one lime
3 diced avocado's (8g)
3 diced roma tomatoes (4g)
Diced red onion (1g)
Can of garbanzo beans (20g)
Pepper to taste
Garlic salt to taste
1/2 tsp Oregano
1/2 tsp Basil

Directions:

Drain beans & corn
Combine all ingredients into a
large bowl and mix

Makes: 12 servings
Serving Size: 1/2 cup
Grams of protein: 8g