Name:        
School:        
Facilitator:

# 2.05 Protein Intake

Create a journal of your protein intake over a one-day period. You may use your food journal from earlier in the course or you can create a new list. Complete the chart below.

| **Meal** | **List the foods you ate.** | **Total grams of protein** | **Total Protein Calories**  **(protein grams x 4)** |
| --- | --- | --- | --- |
| **Breakfast** |  |  |  |
| **Lunch** |  |  |  |
| **Dinner** |  |  |  |
| **Snacks** |  |  |  |
| **Total** |  |  |  |

Reflection Questions

**Answer the questions below using complete sentences.**

1. Note the type of proteins that you consumed. Were they complete or incomplete?
2. Did you make use of protein complementarity in any of your meals?
3. How did your consumption of protein compare to standard nutritional needs?
4. Did journaling your protein intake create an awareness of deficiencies or excesses in protein consumption?
5. Relate your intake to sound dietary practices. How does your daily intake compare? Can you do better? If so, how?