

Nutrition and Mental Health

Protein for Breakfast

Protein for breakfast provides consistent energy throughout the day and prevents fatigue in the late afternoon. In order to consume a healthy amount of protein each day, you need to include it in every meal, particularly breakfast. Some of the most common breakfast foods, such as boxed cereal and white-bread toast, do not provide adequate amounts of protein.

Easy, protein-filled breakfast ideas. Many of these, such as hard-boiled eggs and quinoa cereal, can be started or made in advance.

- Quinoa cereal
- Protein shake
- Breakfast burrito with egg and beans
- Hard-boiled egg
- Plain yogurt with dark berries
- Scrambled egg on rye toast
- Vegetable omelet
- Toast with nut (almond or cashew) butter
- Cottage cheese with fresh fruit

Cooked Quinoa

Mix 2 T nuts, 1 tsp honey, 1 tsp flax oil, and a handful of dark berries such as blackberries, cherries, or raspberries into 1 c cooked quinoa.

Cooking quinoa:

Bring 1 c quinoa and 2 c water to a boil. Cover and simmer for 12 to 15 minutes.

Protein Shake

Blend together 2 c plain soy milk, 2 scoops protein powder, 1 c dark berries (blueberries, raspberries, blackberries, etc.) and/or one banana, 2 T fresh cod-liver oil (by Carlson's or Nordic Naturals). For vegetarians, Udo's choice is a good essential oils blend to use instead of cod-liver oil.

Breakfast Burrito

Wrap 1/4 c cooked beans, 1 scrambled egg, and a few teaspoons of salsa in a warmed tortilla.

Hard-Boiled Eggs

Fill pot with water until eggs are completely covered. Bring water to a boil. Allow to boil for 12 minutes. Remove eggs and plunge them into cold water.

Eggs can be hard-boiled and kept in refrigerator for a few days.

Healthy Protein Sources

Healthy Protein Sources					
Legumes			Nuts		
Tofu	1/2 c	10 g	Nuts	1/4 c	8 g
Firm tofu	1/2 c	20 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Whole beans	1/2 c	7g	Seed butter	2 T	5 g
Lentils	1/2 c	9 g	Cheese		
Refried beans	1/2 c	8 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	Cream cheese (LF)	2 T	2 g
Seed Grains			Hard cheese	1 oz	7 g
Barley	1/2 c	10 g	Eggs		
Millet	1/2 c	4 g	Egg, whole	1	7 g
Dark rye flour	1/2 c	9 g	Egg substitute	1/4 c	7 g
Oats	1/2 c	3 g	Egg white	1	4 g
Quinoa	1/2 c	11 g	Note: Egg yolks contain nutrients that are excellent for mental health.		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Dairy Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4-7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Free range poultry	3 oz	21 g

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Why Protein for Breakfast?

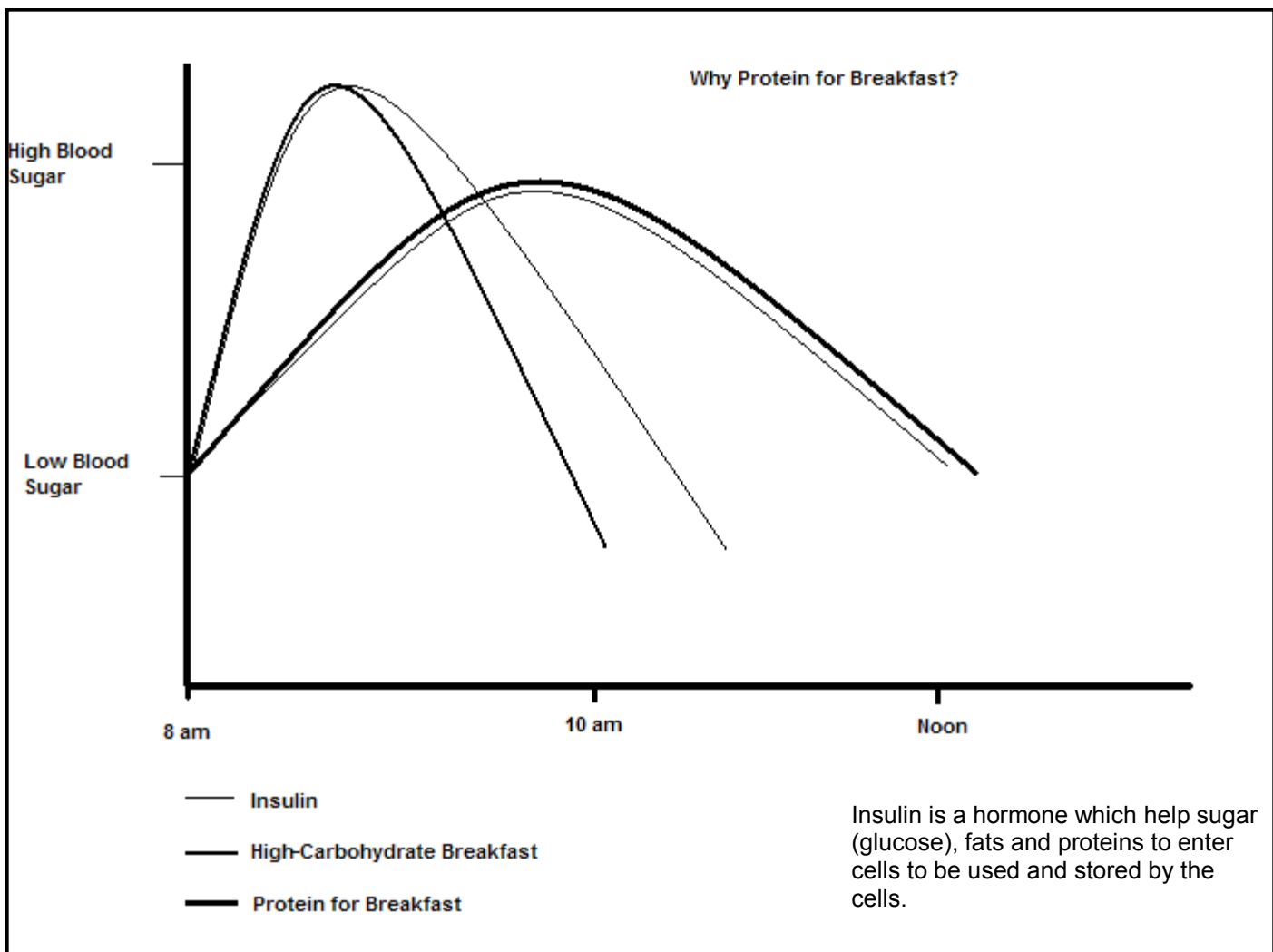
Less hunger, less fatigue, more energy, and mental clarity

Test your meals:

1. Create a daily log to record when you eat, what you eat, when you are hungry, what your emotions are.
2. Eat your typical breakfast for 2-3 days and record it in the log.
3. Next, eat a breakfast with protein for 2-3 days and record it in the log.
4. A good breakfast should allow you to not be hungry for at least 3 hours.
5. Notice how different meals effect how long you can go without being hungry, and how food effects your mood, energy level, and mental clarity.

Problems with High-Carbohydrate Meals:

1. They make you hungrier sooner than when you eat both protein and carbohydrates.
2. They make your blood sugar drop rapidly, which causes you to feel anxious and/or irritable.
3. When your blood sugar becomes low, you feel like you must eat sugar. Eating sugar creates the rollercoaster of high blood sugar and then low blood sugar.
4. Riding the high-carbohydrate meal rollercoaster throughout the day leads to fatigue in the late afternoon.
5. They are often low in fiber, vitamins, and minerals, creating nutrient deficiencies, which can cause anxiety, depression, cardiovascular disease, diabetes, and other diseases.
6. They also cause blood sugar to be high, which can cause weight gain and diabetes.



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Getting Enough Protein?

Why is protein important?

Protein provides the building blocks for every cell in your body: it is the foundation for bones, muscles and tendons. Protein serves as a source for the structures that regulate your body: neurotransmitters, cell receptors, and enzymes.

How much protein should I eat?

The quick calculation for your target protein intake is 8 grams of protein for every 20 lbs of body weight. Or one third your caloric intake is protein. Use the chart below to find how much protein you should be eating.

Your Weight (lbs)	Target (g protein)	Acceptable Range (g protein)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	57-72
180	72	64-81
200	80	71-90

Portion control

Here are some visual clues to help you keep servings to the proper size:

- 3 oz of fish or poultry = a deck of playing cards
- 1 c yogurt = a hand holding a tennis ball
- ½ c cooked grain = a small fist
- 1 oz cheese = a thumb
- 1 oz nuts = a golf ball
- 1 T nut butter or nuts = a silver dollar or a walnut
- 1 tsp oil = a quarter

Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- More energy
- Hungry less often
- Better and more stable moods
- Higher metabolism from having more muscle mass

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How to Add Protein to Your Daily Life

Planning Ahead

The easiest way to reach your target protein intake is to consume protein throughout the day. One way to add protein into your day is to plan your snacks ahead. The following snacks can be packed in the morning, or left in the office to eat when you need a boost:

- Hummus with carrots, celery, or pita bread
- Baba ghanoush with corn chips
- Almond butter sandwich
- Cottage cheese—can be bought in small, yogurt-sized containers
- Nut butter (almond or cashew) with apple slices

Or consider one of the following items when you are at the store looking for a snack:

- Odwalla protein shake
- A few slices of deli meat such as chicken or turkey
- Deli salad with chicken or turkey
- Tofu salads, etc.
- Teriyaki chicken kabobs

Snacking on the road

Carry these snacks in a cool area of your car to snack on when you are feeling hungry or tired. Choose these instead of a trip to Starbucks or McDonald's:

- Bag of mixed, non-roasted nuts (hazelnuts, walnuts, almonds, cashews)
- Hard-boiled eggs
- Protein shake
- Low-sugar protein bar (like a Clif Bar)
- Keep a jar of nut butter in the car

Finding the protein in a menu

Restaurants focus their menus on what will appeal to your stomach, not necessarily your health. Instead of ordering the usual pasta with red sauce and meat, consider one of the following options:

- Stir-fry with meat and veggies
- Bean soup
- Greek platter—includes foods like hummus, pita bread, baba ghanoush
- Chili—either vegetarian or with meat
- Grilled chicken sandwich

Protein meals to cook at home

Black Bean Quinoa Salad

1/2 c quinoa
1 c white corn
2 scallions, chopped
1/2 c chopped green peppers
1/2 c chopped tomatoes
1/2 c chopped celery
1 can black beans, drained and rinsed
3-4 T olive oil
2 T balsamic vinegar
1 clove garlic, minced
Salt and pepper to taste
Cilantro or parsley

Soak the quinoa in water for 5 minutes, then drain. Cook in 1 c water (or vegetable stock) for 15 minutes. Drain, pour into large bowl, and let cool.
Mix remaining ingredients into the bowl.
Serve cold.

Bean and Quinoa Burrito

1/4 c cooked quinoa
1/4 c fat-free refried beans
1 T cheddar cheese
To taste:
Salsa
Lettuce
Avocado
Low-fat sour cream
Shredded chicken, turkey, or lean beef

Warm beans and quinoa in a small pot on the stove. Microwave tortilla for 15 seconds. Wrap ingredients in tortilla. Can be fixed in advance and heated when you're hungry.

Lentil Stew

In pan, brown:
2 T olive oil
3 cloves minced garlic
2 c stew lamb or chicken. Set aside.
Simmer until tender (40 min):
1 c French lentils
3 c vegetable broth
Add meat to lentil pot, and simmer along with the following spices for 1 hour.
2 bay leaves
1 tsp thyme

Add sea salt and pepper to taste. After the hour, add 1 bundle of kale and simmer uncovered for 30 minutes to reduce.
Serve warm.