



Natalie
Zaparzynski
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://bryn-mawr.computrition.netsmartcloud.com/>

**and at kiosks
in the dining halls!**

**Let us know about
any allergies
or dietary needs
that you have:**

www.bryn-mawr.edu/sites/default/files/special-diet-needs-form.pdf



*Eating
Healthy
Proteins*

**DINING
SERVICES**
AT BRYN MAWR COLLEGE

www.bryn-mawr.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 protein?

Look at the Legs!

The fewer the legs, the leaner the protein.

Plants & Fish



Eggs & Poultry



Beef



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
1oz Almonds	6 g
1oz Pumpkin Seeds	5 g
1/2 Cup Cooked Quinoa	4 g
1oz Walnuts	4 g

Animal Sources of Protein

	Grams of Protein
3 oz Chicken Breast	26 g
3 oz Baked Salmon	23 g
3 oz Pork Loin	23 g
3 oz Ground Beef	22 g
1 oz Tuna	20 g
5 oz Greek Yogurt	13 g
5 oz Glass of Milk	8 g
1 Large Egg	8 g