

PROTEIN FOODS

Why is protein important?

- Every cell in your body contains protein.
- Protein helps build and repair body cells.
- Protein provides energy.
- Protein helps build and repair muscles as well as helping your muscles contract.
- Protein plays a role in ensuring your heart beats properly.

Vary your protein foods.

- Choose plant proteins often.
- Eat seafood twice per week.
- Choose nuts as a snack or salad topping.
- Replace meat or poultry with beans or tofu.
- Try an egg dish as a main course.

Stretch your food dollar.

- Casseroles and soups help stretch your protein food dollar.
- Try making tacos with lentils or beans.
- Plan two meals with one protein food. For example, bake a whole chicken for one meal and use the leftovers for a casserole or soup.

Protein foods come from plant and animal sources.

Plant protein foods

- Beans
- Lentils
- Tofu
- Seeds
- Nuts
- Seed and nut butters

Animal protein foods

- Beef
- Pork
- Poultry
- Fish and other seafood
- Eggs
- Wild game



Choose protein foods wisely.

- Fish, nuts and seeds contain healthy fat. Choose them often.
- To decrease saturated fat and cholesterol, choose lean cuts of meat such as “loin” or “round.”
- Bake, broil, boil, grill or roast meat and poultry rather than frying.
- Go easy on processed meats as they are high in sodium.