

PICK YOUR PROTEIN

Protein is a vital part of a healthy diet. Our body uses protein to repair damaged cells, build muscle, and protect us from bacteria and viruses. Foods that contain protein include meat, poultry, fish, beans, eggs, soy, nuts, and seeds. Protein is an essential part of our diet and should be included at every meal.



Trim the fat

Much of the fat in chicken and turkey is in or under the skin. Remove the skin or purchase skinless chicken and poultry for a leaner meal.

Add some nuts

Nuts are a good source of protein, but they can be high in calories. Enjoy the protein benefit of nuts by keeping your serving size small (about a handful) and using them to replace meat or cheese at a meal.

Eat seafood at least twice a week

Seafood rich in heart healthy Omega-3 fatty acids includes salmon, tuna, herring, trout, tilapia, and shellfish.

Go meatless

Choosing beans or peas as the main dish is an easy and inexpensive way to maximize protein intake without the added fat and calories.

Most adults already eat the recommended 5-6 ounce equivalents of daily protein. Therefore, to maximize the benefits of protein it is important to concentrate on selecting leaner and more varied options. Leaner meats like chicken and fish offer the same benefits of protein with less fat than red meats. Other protein sources like beans and nuts can also be a great way to add variety to your meals.

Portion control is also important to consider when consuming protein. As a simple rule, try to keep your protein servings to about the size of a deck of cards. This serving supplies high quality protein while keeping the fat and calories to appropriate levels.

