Eating well for good health!

Go Lean on Protein

Everyone needs protein-rich foods like meat, fish, poultry, eggs, tofu and beans everyday.

- Vary your choices - with more fish, beans, peas, nuts, and seeds.
- Choose low-fat or lean meats, chicken, or turkey.
- Trim visible fat and remove the skin from chicken and turkey before cooking.
- Roast, broil, grill, sauté, or stir-fry.
- Cook meat in little or no added fat.
- Drain fat as meat browns, before adding other ingredients.

Protein rich foods also contain iron and B vitamins.

Protein builds and repairs skin, muscle, blood, bone, and brain.

Iron makes red blood.

B Vitamins help turn food into energy.

Remember meat, chicken, turkey, fish and eggs contain cholesterol BUT tofu, beans, nuts and seeds do not!

What counts as a portion of protein?

Source: ADA Complete Food Guide 2nd. Ed.

2-3 ounces of cooked lean meat, poultry or fish
2 ounces of meat = 1 egg

1 ounce nuts (about 12 almonds)
½ cup tofu
2 tablespoons of peanut butter
½ cup cooked dry lentils, peas or beans

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