Protein foods include meat, poultry, fish, seafood, legumes, soy products, nuts, and seeds. Protein is an essential part of a healthy diet. It helps your body build and repair tissues and it’s a building block of bones, muscles, cartilage, skin, and blood. Protein food sources are also packed with valuable nutrients such as:

**B Vitamins** help to give the body energy  
**Iron** helps transport oxygen throughout the body  
**Vitamin E** is an antioxidant which helps protect the body from damage and disease  
**Magnesium** aids in nerve function and muscle movement  
**Zinc** boosts your immune system to fight off illness

**Go Lean With Protein**

- **Choose lean sources** more often like chicken, turkey, and fish  
- **Healthier ways to cook protein such as grilling, broiling, poaching, or roasting**  
- **Trim away excess fat & skin** before cooking meats to decrease the fat content  
- **Go meatless** 1 day a week and try other protein sources like nuts, seeds, and legumes  
- **Limit high fat meats** like hot dogs, salami, bacon, and sausage