



Vary your

Protein Sources

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

