

## Do You Include PROTEIN at Each Meal?

- Carbohydrates, protein and fat are the three nutrients that provide us with calories.
- Carbohydrates are digested the quickest, and provide an essential source of energy for the brain.
- Protein, fat (and fiber) take longer to digest, stay in your stomach longer, and contribute to your satiety or “fullness” level.
- So, make sure to include protein (and carbohydrates) at every meal and snack for nutritional balance.

Food Sources of Protein	Serving Size	Protein (grams)
<b>Meat &amp; Alternatives food group</b>		
Nuts/seeds, unsalted	¼ cup	5-8
Peanut butter, natural	2 Tbsp	8
Eggs, medium	2	12
Beans/lentils, cooked	¾ cup	12
Hummus	¾ cup	15
Tofu, firm	¾ cup	15
Soybeans, cooked	¾ cup	21
Cod or shrimp	2.5 oz	17
Salmon, tuna	2.5 oz	19
Meat, poultry	2.5 oz	22-25
<b>Milk &amp; Alternatives food group</b>		
Soy milk	1 cup	7
Milk	1 cup	9
Yogurt	¾ cup	7-10
Cheese	1.5 oz	10-14
Cottage cheese	½ cup	15
Greek yogurt	¾ cup	18



2.5oz=deck of cards

### Protein tips

- Consume 2-3 servings of meat/alternatives per day, spread through the day.
- Consume 2-3 servings of milk/alternatives per day, spread through the day
- Eat fatty fish at least two times a week