

Are you getting enough PROTEIN in your diet?

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Protein is a very important nutrient to make sure that your body is getting enough of. It makes up the building blocks of the skin, hormones, muscles, organs, and pretty much all that happens within the body. Studies have shown that eating high-quality proteins will improve your health in many ways including helping you to lose weight (as well as belly fat) and helping to increase your muscle mass and overall strength. In addition, a high protein diet also helps fight diabetes, lowers blood pressure and more! Needless to say, it's very important to make sure that you are eating enough high-quality proteins at every meal.

As a general guideline, it is recommended that women consume 46 grams of protein each day and that men consume 56 grams of protein each day. Here are 15 sources of protein you can incorporate into your diet to help you achieve the optimum amounts.

15 Greatest Sources of Protein

1.	Eggs	(1 egg)	~6 grams protein
2.	Almonds	(½ cup)	~14 grams protein
3.	Chicken breast	(4 oz serving, skinless, cooked)	~26 grams protein
4.	Turkey breast	(4 oz serving, skinless, cooked)	~ 36 grams protein
5.	Beef	(4 oz serving, lean ground beef)	~28 grams protein
6.	Pork	(4 oz serving, lean)	~19 grams protein
7.	Oats	(Dry ½ cup)	~6 grams protein
8.	Cottage cheese	(1 cup)	~2.5 grams protein
9.	Greek yogurt	(1 cup, non-fat, plain)	~16-20 grams protein
10.	Broccoli	(1 cup, cooked)	~2.5 grams protein
11.	Tuna	(1 can, in water)	~31 grams protein
12.	Salmon	(4 oz serving, cooked)	~24 grams protein
13.	Quinoa	(1 cup, cooked)	~8 grams protein
14.	Pumpkin seeds	(½ cup, no shell)	~ 21 grams protein
15.	Milk	(1 cup, whole milk)	~ 8 grams protein

Don't forget to BE CREATIVE! For example, oatmeal cooked with whole milk and topped with ¼ cup of almonds is a 20+ gram PROTEIN MEAL! A good diet in midlife can improve the chances of good mental, physical and cognitive health decades later! So eat well now and live better later! 😊💪