

Protein Foods

Good nutrition is important at any age



Meat, poultry, fish, eggs, beans, peas, lentils, tofu, seeds, nuts, nut butters, milk, and fortified soy beverages are sources of **protein**.

Eat protein foods each day.

PROTEIN FOODS

Eating a variety of protein foods will ensure that you get key nutrients like **vitamin B12, D, E, calcium, and iron**.

Tips to add protein foods to your daily food choices:



Cook more servings of meat, poultry, or fish than you would eat at a meal, and refrigerate the leftovers to use later on a salad or in a sandwich



Use low-sodium canned beans, peas, lentils, or edamame in salads, soups, and pastas



Add nuts and seeds to salads, yogurts, smoothies, and muffins



Add fish, poultry, eggs, or tofu to salads, soups, and pastas



Add nut butters to toast, crackers, celery, and apple slices

SOURCES OF PROTEIN

Aim for 20 grams of protein at each meal. Approximate values:

Meat, poultry, fish, seafood	Serving size	Protein (g)
Steak	3 oz*	26
Skinless chicken breast	3 oz*	23
Pork	3 oz*	22
Shrimp	3 oz*	20
Salmon	3 oz*	19
Egg	1 large egg	6
Dairy	Serving size	Protein (g)
Plain Greek yogurt (2% fat)	1 cup	23
Cheddar cheese	½ cup	14
Cottage cheese	½ cup	12
Plain yogurt (0% fat)	1 cup	10
Milk (2% fat)	1 cup	8
Plant-based protein	Serving size	Protein (g)
Tofu	½ block	23
Cooked lentils	1 cup	16
Cooked chickpeas	1 cup	15
Cooked black beans	1 cup	15
Green peas	1 cup	8
Quinoa	1 cup	8
Soy beverage	1 cup	7
Peanuts	2 tbsp	7
Chia seeds	2 tbsp	5

*For reference, 3 oz is about the size of a deck of cards.

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