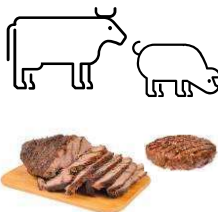
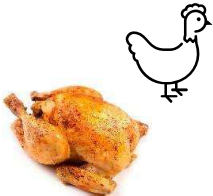
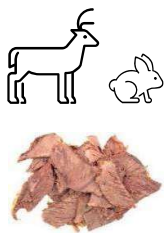
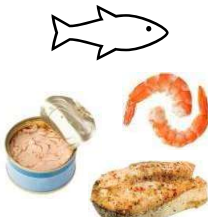
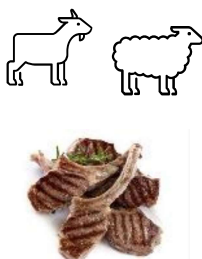


Foods with Protein

Eat foods with protein to help you meet your protein needs and to maintain your muscle. Include foods with protein at each meal and snack.

Choose a variety of foods from the table below each day.

Eggs, fish, shellfish, poultry, meat, and wild meat					
 Beef, bison, and pork	 Chicken, duck, goose, and turkey	 Eggs and liquid eggs	 Elk, moose, rabbit, and venison	 Fish and shellfish	 Goat and lamb
Lentils, beans, and peas					
 Baked beans	 Black beans	 Chickpeas	 Kidney beans	 Lentils	 Split peas
Milk and dairy foods					
 Cheese	 Cottage cheese	 Greek or Icelandic yogurt	 Milk	 Milk powder	 Yogurt
Nuts and seeds					
 Almonds	 Hemp seed hearts	 Peanuts	 Peanut or nut butter	 Pumpkin seeds	

Soy foods

					
Edamame	Fortified soy beverage	Soy burger patty	Tempeh	Tofu	

Nutrition supplements and other foods

					
Nutrition supplement drink	Nutrition supplement pudding	Protein bar	Protein powder		

My protein foods

For more information



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.
- Visit [ahs.ca/nutrition](#).