

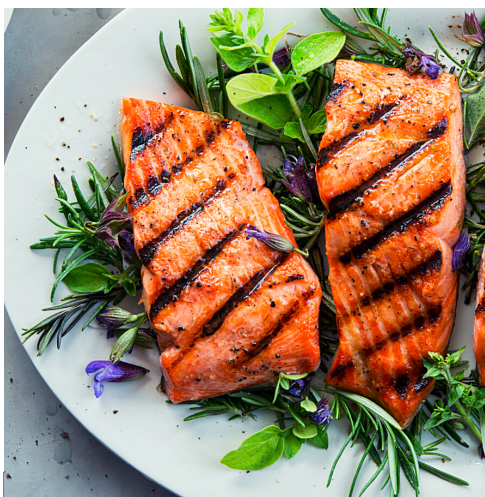
SHAKE UP YOUR PROTEIN ROUTINE

Don't get stuck eating the same protein foods day after day! Planning meals and snacks around different sources of protein can help you fuel your body with tasty nutrition!



PLANT PROTEIN

Power up with protein from beans, nuts, seeds, and soy! These foods are a great source of fiber, vitamins, minerals, and heart-healthy fats. Plan a "Meatless Monday" meal of black bean burgers, chickpea salad, white bean chili, or curried lentils. Be sure to look for low sodium or salt-free options.



LEAN MEATS/FISH

Reduce saturated fat by choosing lean meats and removing skin from chicken and turkey. Look for "loin", "round", or "roast" when buying meat, and opt for ground meat that is at least 92% lean. Plan meals with seafood at least twice a week to reap the benefits of heart-healthy omega-3 fatty acids.



EGGS & DAIRY

There are many myths about eggs and dairy, but the truth is that these are two nutritious sources of protein and other key nutrients! Try an egg and veggie scramble for dinner or a hard-boiled egg for a snack. Add low-fat milk, Greek yogurt, or cheese to a meal or snack for an extra punch of calcium!

How much protein do I need? Most moderately active adults only need about **35-50 grams** of protein each day. However, you may need more if you are more physically active, pregnant/ breastfeeding, trying to lose weight, or have certain medical conditions. Aim for getting **10-35%** of your total calories from protein.