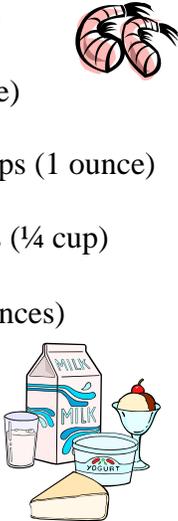


Protein

Protein comes from two sources: animal foods and plant foods. Animal sources of protein are considered “high-quality proteins” because they contain all the essential amino acids and are easier for the body to digest and utilize. Most plant sources do not contain all of the essential amino acids, so it is important to eat a variety of plant proteins every day.

Animal Sources (7-8 grams per portion)	Plant Sources (7 grams per portion)
<p>Beef, veal, lamb, pork (1 ounce) Chicken or turkey (1 ounce) Wild game (1 ounce) Fish or canned tuna (1 ounce) Oysters (6 medium) Shrimp, crab, lobster, scallops (1 ounce) Egg (1) Egg substitute or egg whites (¼ cup) Evaporated milk (½ cup) Milk or Lactaid[®] milk (8 ounces) Yogurt (8 ounces) Yogurt, Greek (3 ounces) Cheese (1 ounce) Cottage cheese (¼ cup)</p> 	<p>Beans (pinto, black, kidney, etc) (½ cup) Chick peas, black-eyed peas (½ cup) Lentils (½ cup) Falafel (3 patties, 2 ¼” diameter each) Hummus (⅓ cup) Quinoa, cooked (1 cup) Tofu (½ cup) Soy milk (8 ounces) Spirulina (2 Tablespoons) Tempeh (¼ cup) Textured vegetable protein (TVP) – <i>check label</i> Nuts (2 ounces or ½ cup) Almond butter (3 Tablespoons) Peanut butter (2 Tablespoons) Pumpkin seeds (1 ounce) Chia seeds (2.5 Tablespoons) Sunflower seeds (1 ½ ounces) Edamame (½ cup)</p> 
Supplements (serving size and protein content will vary, check the label)	
<p>Ensure[®] or Boost[®] Ensure Plus[®] or Boost Plus[®] Ensure Clear[®] Glucerna[®] Slim Fast[®] Muscle Milk[®] Ready to Drink Pediasure[®] or Boost Kid Essentials[®] Isopure Plus[®] Boost Breeze[®] Protein powder, whey or soy Protein bars (such as PowerBar[®], Pure Protein[®], Premier Protein[®], Clif Bar[®])</p>	

The amount of protein you need each day is: _____ grams