



PROTEIN

The average adult needs 5-6.5 oz of protein per day

Variety

Vary your protein sources for the most benefit. Different types of protein foods have different nutrients!

Options for 1 oz protein include:

- 1 oz of meat, poultry, or fish
- 1/4 cup of cooked beans
- 1 Tbs peanut butter
- 1 egg
- 2 Tbs hummus
- Handful of nuts

Why Protein?

Protein is a building block for bones, muscles, skin, cartilage, and more. Your body cannot make all of these building blocks itself, and needs protein to supply them.

Protein sources are high in other nutrients too, including:

- B Vitamins
- Iron
- Magnesium
- Zinc
- Omega-3 fatty acids

Choose Lean

Avoid high-fat proteins to limit saturated fat that can contribute to high cholesterol.

Spotlight: Seafood

Seafood, like salmon, white fish, shrimp, scallops, and oysters, is a good source of protein. It also has the additional benefit of being high in omega-3 fatty acids, which are good for brain and heart health!

Adults should aim to eat 8oz of seafood per week.