

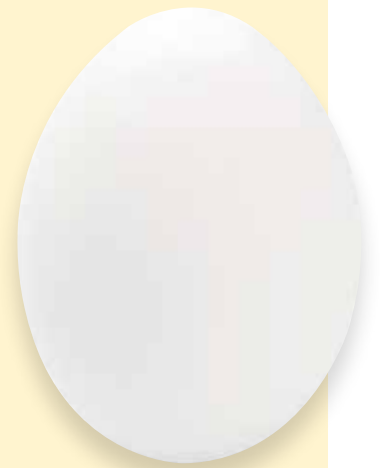
Protein: your body's building blocks

Protein is an important building block of bones, muscles, cartilage, skin and blood. Your body uses protein to build and repair tissues and to make enzymes, hormones and other important body chemicals.

Beans & lentils



Eggs

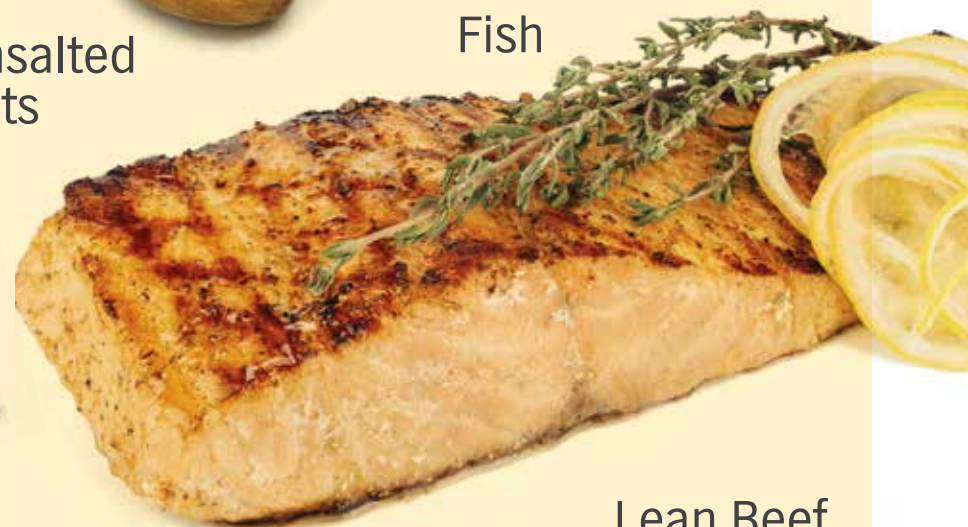


Chicken



Unsalted nuts

Fish



Lean pork



Lean Beef



Dairy



Grains

