



# Protein packed

Find out how to keep your diet packed with protein to build a healthy body.

## Milk, cheese and yogurt

Dairy is an excellent source of protein AND contains valuable calcium and other vitamins. Just make sure you choose nonfat or lower fat versions.

## Eggs

An easy, affordable and versatile source of protein and vitamins A and B. And there's no need to skip the yolks as long as you control your overall calories and cholesterol.

## Beans and lentils

A half cup of beans contains as much protein as an ounce of broiled steak. Plus, they're loaded with fiber to keep you feeling full for hours. Lentils, another protein-packed superfood, are high in folate, iron, potassium and antioxidants, and they've even been linked to reduced inflammation.

## Lean pork, beef and chicken

- Pork is low in fat, high in protein and a rich source of B vitamins and selenium. Pork tenderloin, chops and roasts are the leanest pork cuts.
- Beef is an excellent source of zinc, iron and vitamin B12. Choose tenderloin, chuck, rib, rump roast, round, sirloin, flank, porterhouse or T-bone steak.
- Poultry, in addition to protein, contains phosphorus for healthier teeth and bones and may help control heart disease. Look for lean cuts like skinless breasts.

## Grains, seeds and soybeans

- Quinoa is a complete protein and one of the only grains and seeds providing the nine essential amino acids our bodies can't produce on their own. It's also full of fiber, iron, magnesium and manganese.
- Tempeh and tofu are made from fermented soybeans which contain protein, fiber, iron, magnesium, manganese, phosphorus, thiamin, folate and vitamin K. A versatile replacement for meat, both can be baked, grilled, steamed, or sautéed.

## Protein on the go

If you don't have time to sit down for a meal, grab a meal replacement drink, cereal bar or energy bar. Check the label to be sure the product contains at least six grams of protein and is low in sugar and fat.

## Protein at breakfast

Research shows that including a source of protein like an egg or Greek yogurt at breakfast, along with a high-fiber grain like whole wheat toast, can help you feel full longer and eat less throughout the day.

