



Proteins, Go Lean!

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein food group. Select a variety of protein foods to improve nutrient intake and health benefits. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. Protein is one of three nutrients that provide calories.

Benefits of Proteins

- B vitamins found in proteins serve a variety of functions in the body.
- Proteins help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
- Proteins containing omega 3 fatty acids help reduce the risk for heart disease, type 2 diabetes & obesity.

CHOOSE:

- Lean proteins.
- Proteins rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.
- Low-fat meat and poultry such as turkey, white meat chicken and lean cuts of meat.
- Alternative protein options include beans and peas, soy products, nuts and seeds.

AVOID:

- Proteins high in sodium.
- Proteins high in saturated fat.
- Processed proteins such as ham, sausage, frankfurters, and luncheon or deli meats which have added sodium. Check the Nutrition Facts label to help limit sodium intake.



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