

# PROTEIN BASICS

## WHY DO I NEED PROTEIN?

Protein helps keep us full, grow our muscles and stay well.



## HOW MUCH DO I NEED?

If you don't work out much, incorporating a lean protein source at every meal is enough. If you train lots, you may need a little more.

## DO I HAVE TO MEASURE IT?

No. Aiming for 3-6 palm-sized portions will get most of us close to the target number above. Smaller people can aim for fewer portions.



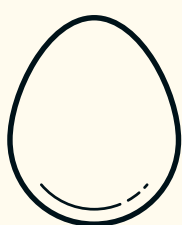
## HOW DO I GET MORE IN?

Aim for one serving every meal, especially breakfast & snacks where it's often missed. Have lean/low fat options when you can.

## WHAT FOODS ARE HIGH IN PROTEIN?



Nuts & seeds



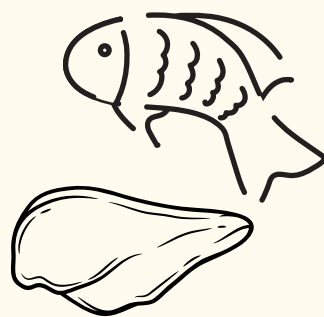
Eggs



Milk & regular-fat yogurt, some dairy



Greek yogurt



Lean meat, fish & poultry

←  
**Lower  
Protein**

**Higher  
Protein** →