

THE POWER OF PROTEIN



PROTEIN-RICH FOODS



- meat
- poultry
- tofu
- beans & legumes
- nuts
- seeds
- dairy
- fish & seafood

THE IMPORTANCE OF PROTEIN-RICH FOODS

- Creates and maintains cells in our bodies
- Builds bone, muscle, cartilage, and skin
- Repairs tissues
- Fuels our cells and bodies
- Carries oxygen throughout the body
- Helps digest foods
- Regulates hormones

Protein takes longer to break down, which may keep you full for longer and maintain healthy blood sugar levels.

ACTIVITY: ADD MORE PROTEIN

Add a plant-based protein & an animal based protein to each meal/snack.

Breakfast: brown sugar oatmeal with raisins

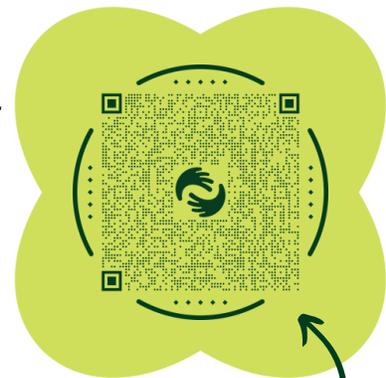
- Animal-based: _____ Plant-based: _____

Lunch/dinner: pad thai

- Animal-based: _____ Plant-based: _____

Snack: banana

- Animal-based: _____ Plant-based: _____



PUMPKIN CHILI RECIPE