

# PROTEIN



## What are proteins?

Proteins help your muscles maintain and grow and help your tissues and organs function. This is why it is important to have a serving of protein for almost every meal.

*Did you know? Your nails, hair, and skin are made of protein.*

Eating enough protein in your diet can also reduce hunger.

## Proteins are found in:

- Chicken and turkey
- Dairy products, such as cheese
- Beans and nuts
- Fish, pork, and beef
- Eggs

## Other sources of protein:

We can also get proteins from protein shakes or protein bars. People tend to consume protein shakes and bars after working out for muscle recovery, but they can also be a form of meal replacement. *It is important to have a healthy balanced diet, so it is advisable not to have more than one shake or bar (as a meal replacement) per day.*

It is better to make your own protein shakes so you know exactly what you are drinking. Premade protein shakes may have unnecessary sugar and calories. You can also make your own protein bars.

✚ For healthy protein shakes and protein bar recipe ideas, please visit the following sites:

- **Healthy Tasty Protein Shakes:** <http://www.eatthis.com/10-protein-shake-recipes-weight-loss/>
- **Homemade Protein Bars:** <http://dailyburn.com/life/recipes/homemade-protein-bar-recipes/>

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We should try to eat lean proteins (select meats with no fat or very little. If fat is present, try to cut it off). This fat is considered Saturated, which can clog arteries = heart attacks

## Things to consider:

- Eat in moderation fatty meats like bacon and beef hotdogs (can increase your risk of diabetes and heart disease)
- Broil, bake, and roast poultry, fish, and other meats
- Beans and tofu are also good sources of protein
- Nuts can provide just as much protein as meat and they have healthy sources of fat



**Overall Message: Proteins help your organs and muscles develop. Try to eat lean proteins to limit the amount of fat consumed. As always, please speak with your primary care provider to ensure you are meeting your dietary needs.**

✚ For more information about Proteins and other nutrition facts, please visit the sources below:

- Harvard T.H. Chan School of Public Health  
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
- The University of California, San Francisco provides online diabetes education  
<https://dtc.ucsf.edu/living-with-diabetes/diet-and-nutrition/>