



Choosing Better Proteins

- Protein is a nutrient that performs many functions in your body, helps support healthy tissues, and supports early satiety to aid in weight management
- Half of your daily protein intake should come from consuming high biological value protein (also called complete proteins), which contain all 9 essential amino acids that your body needs

Better Proteins

**lower in sodium, lower in fat*

Whole Egg, Egg Whites, Egg Substitutes

Lean Beef (90/10 or higher)

Pork

Chicken, Ground Chicken

Turkey, Ground Turkey

Fish, Shellfish

Beans, Peas, Legumes

Unsalted Nuts, Seeds, Peanut Butter

Low-Fat Dairy - 1% or skim milk, low-fat yogurt, low-fat cottage cheese, natural cheese (swiss, mozzarella, provolone, cheddar, colby jack, pepperjack, etc.)

Protein Bars, Protein Shakes

Poor Proteins

**higher in sodium, higher in fat*

Bacon, Sausage, Jerky, Meat Sticks

Hot Dogs, Kielbasa

Luncheon Meats (Salami, Bologna, Pepperoni, Pastrami, Prosciutto, Roast Beef, Chipped Ham, Turkey, Chicken)

Ham

High Fat Dairy - whole milk, whole yogurt, processed cheese (American cheese, cheese dips, boxed macaroni cheese, velveeta, powdered cheese mixes, etc.)

