

# Protein

## SOURCES



**Meat**



**Poultry**



**Fish**



**Dairy**



**Beans, Legumes**



**Nuts**



**Soy (Tofu, Soybeans)**

## How They're Used

- Proteins are broken down into amino acids.
- Amino acids are used to maintain and build new proteins like skeletal muscle.
- Skeletal muscle stabilizes joints, generates strength and burns calories.

## TYPES

### Complete Proteins

Provide all essential amino acids.



Meat - Poultry - Fish - Eggs - Dairy - Soy

**VS**

### Incomplete Proteins

Provides some but not all of the amino acids our bodies need.



grains - legumes - nuts & seeds

**SIMPLE TIP:** Combine different incomplete proteins to make a complete protein, such as beans and rice.



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## CHOOSING



Eat more plant-based and vegetarian proteins like legumes, low-fat dairy and eggs.



Enjoy lean meats like pork and beef tenderloin.



Opt for 100% ground turkey or chicken breast and choose the leaner white meat over dark meat.

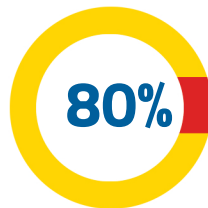


Enjoy 2 servings of fatty fish per week, such as salmon, herring or mackerel for a healthy dose of lean protein & heart-healthy Omega-3s.

## Did you know?

**If package label says ground chicken or turkey it's likely been ground with fattier parts and may not be any healthier than ground beef.**

**When comparing ground beef, 90/10 is leanest**



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