### The Power of Protein

Protein is an essential nutrient & is found in every cell in the body. Protein helps:
- Build & repair muscle, tissue, skin & hair
- Build hormones & enzymes

#### Sources of Protein
- **Mostly** protein: meat, poultry, fish, tofu, eggs
- **Some** protein: nuts, legumes, seeds milk, yogurt, cheese, soy beverages
- **Little** protein: whole grain bread, pasta, rice, quinoa, barley

#### The Scoop on Protein Powder
- Most people get enough protein in their diet & extra protein from protein powder is rarely needed!
- Your body can’t store extra protein! Extra protein is broken down. Part is excreted in urine & the rest is used for energy.
- Protein powders are costly & often contain added sugars or artificial sweeteners. You can get all the protein, vitamins & minerals you need with a nutritious, balanced diet!
Include a source of protein in most meals & snacks to help you feel fuller & meet your protein requirements!

**Tips for Making Nutritious Protein Choices!**

- Trim the fat off meat & remove the skin from chicken & turkey.
- When choosing red meat (beef & pork), look for “extra lean” or “lean” cuts of meat.
- Add more plant-based proteins to your meals. Plant based proteins are packed with fibre & other nutrients. Try tofu, lentils, or beans.
- Nuts, seeds & nut butters are a good source of protein. Aim for 1/4 cup of nuts & seeds or 2 Tbsp. of nut butters.
- Try using cooking methods such as roasting, baking or grilling instead of frying.
- Try eating fish twice a week. Fish is a great source of omega-3 fats which support heart health!

Comments? Questions? Contact SNAP! snap@uoguelph.ca

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Student Nutrition Awareness Program