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 ¼ 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

Student Nutrition Awareness Program