

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!

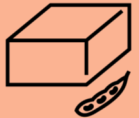
Include a source of protein in most *meals* & *snacks* to help you feel fuller & meet your protein requirements!

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!

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