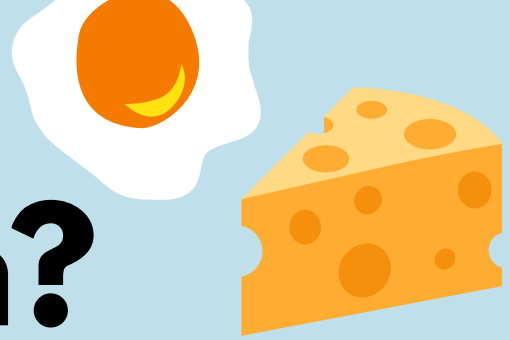
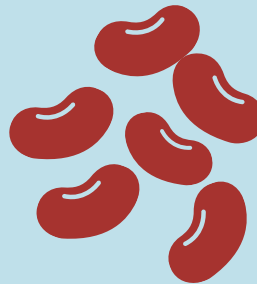
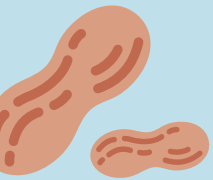


Are you eating enough protein?



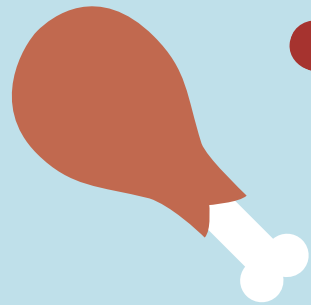
What Protein Does:

- Protein is needed for the body to make and repair cells.
- Muscles, organs, hair, eyes, & body tissues are made of protein.
- Protein helps with the following:
 - Recovery from infections
 - Blood clotting
 - Fluid balance
 - Carrying nutrients throughout the body



Sources of Protein:

- Meat, poultry, fish, shellfish
- Eggs
- Dairy (milk, yogurt, cheese)
- Legumes (beans, lentils, peanuts)
- Nuts & seeds (walnuts, almonds, pumpkin seeds, sunflower seeds)



Daily Protein Recommendations:

- 51 years and older (Female) - 5 ounces of protein
- 51 years and older (Male) - 5 & 1/2 ounces of protein



What counts as an ounce of protein?

- 1 ounce of cooked meat, poultry, fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

