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NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Protein

Below you can find some nutrition-based information about protein.

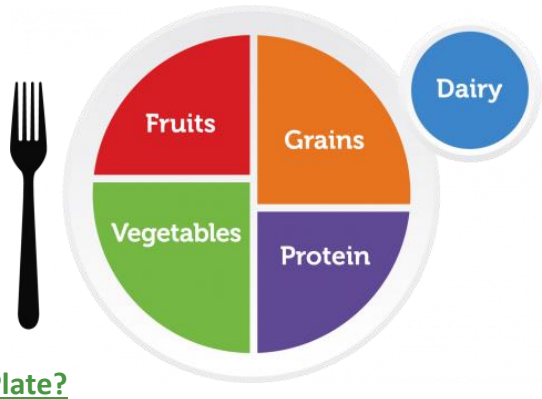
Different ways to see an ounce of protein:

- 1 ounce of meat, poultry, or fish
- ¼ cup of cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds
- ¼ cup (about 2 ounces) of tofu
- 1 ounce of cooked tempeh

Foods like fatty cuts of beef, pork, and lamb, regular sausages and bacon, and some cold cut like salami and bologna are all high in saturated fat, which should be limited.

If you don't eat meat, try beans, peas, lentils, eggs, nuts, seeds, and so products to get protein.

Most people do not get enough plant-based proteins which helps fuel your body with nutrients it needs, like unsaturated fats, dietary fiber, and vitamin D.



Source: [USDA MyPlate What Is MyPlate?]