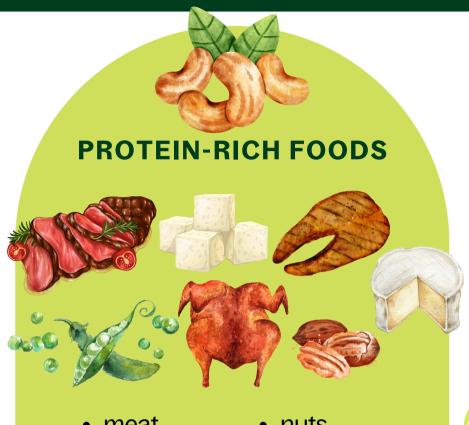
THE POWER OF PROTEIN





THE IMPORTANCE OF **PROTEIN-RICH FOODS**

- Creates and maintains cells in our bodies
- Builds bone, muscle, cartilage, and skin
- Repairs tissues
- · Fuels our cells and bodies
- Carries oxygen throughout the body
- · Helps digest foods
- Regulates hormones

Protein takes longer to break down, which may keep you full for longer and maintain healthy blood sugar levels.

- meat
- poultry
- tofu
- beans & legumes
- nuts
- seeds
- dairy
- fish & seafood

ACTIVITY: ADD MORE PROTEIN

Add a plant-based protein & an animal based protein to each meal/snack.

Breakfast: brown sugar oatmeal with raisins

Animal-based: Plant-based:

Lunch/dinner: pad thai

Animal-based: _____ Plant-based: _____

Snack: banana

Animal-based: _____ Plant-based: _____



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