

FILL UP AND STAY FULL WITH NUTRIENT-PACKED PROTEIN



Do you tend to pick at a lot of foods throughout the day and not feel satisfied? Are you trying to lose a few pounds? The secret to your success could be in lean and low-fat protein foods.

Meat, poultry, fish, dry beans and peas, eggs, nuts and seeds are packed with nutrients (protein, B vitamins, iron, zinc and more) that keep you feeling full longer.

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Pick Your Proteins Carefully

It's recommended that 10-35% of your daily calories come from protein to keep your body functioning best. This equates to about 46-56 grams of protein for most men and women ages 19-70+.

However, you'll want to avoid proteins that are high in saturated fat and cholesterol, which can cause many health problems. Food preparation is also key – broil, grill, roast, poach or boil instead of frying, and try not to add high-fat sauces or gravies.



Lean and low-fat protein choices:

- Turkey or chicken breast, skinless
- Fish fillet (flounder, sole, scrod, cod)
- Canned tuna in water
- Shellfish (clams, lobster, scallop, shrimp)
- Cottage cheese, nonfat or low-fat
- Egg whites
- Beans, cooked
- Fat-free cheese
- Lean beef (flank steak, London broil, tenderloin)
- Veal, roast or lean chop
- Pork, tenderloin

Sources: U.S. Department of Agriculture, Centers for Disease Control and Prevention, National Institutes of Health

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