



## HEALTHY HINTS

Have you ever heard that protein can make you **STRONG**? It's true!

Foods with a lot of **protein** can fill you up quickly and for a long time. Everybody needs to eat a little bit of protein each day to get the **building blocks** that our bodies need to maintain strong muscles, skin, and hair!

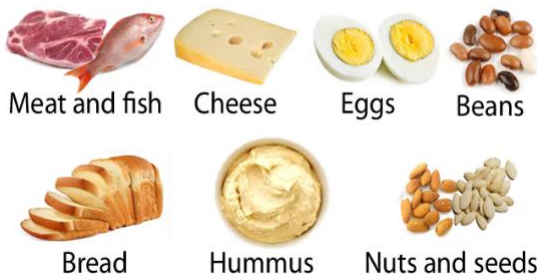
*Remember.* **1/4<sup>th</sup>** of our plate should be filled with protein in order to get that ideal **SUPERPOWER!**



### This week we learned about: **Proteins**

- **Proteins** build and repair the body and can supply us with energy.
  - Major sources of protein include: meat, fish, eggs, milk, yogurt, cheese, dried beans, peas, nuts, and nut butter.
  - There are both **animal proteins** (from meats) and **plant proteins** (from soybeans and other legumes, including nuts). Even **whole grains** have some protein!
  - Remember: Most of us get enough protein in **QUANTITY** but not **QUALITY!** The healthiest animal and plant proteins are the ones with the least fat and salt. These include low fat dairy products, eggs, fish, chicken, lean cuts of beef or pork, beans, lentils, nuts, and whole grains.

### Foods High in Protein



**NEXT TIME (2/1/23):**  
**Healthy Fats!**