

Protein Foods for Healthy Meals and Snacks

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Eating a variety of healthy protein foods throughout the day provides our body with important nutrients and can keep us feeling full and satisfied. There are many types of foods that contain protein. Here are just a few examples of ways to include healthy protein foods at meals and snacks:

Breakfast	Lunch	Dinner	Snack
Eggs (scrambled, boiled, poached, etc.)	Low-sodium deli meat (turkey, ham, roast beef) sandwiches or wraps	Baked or grilled chicken or pork as an entrée or added to other dishes like salads or pasta dishes	A handful of unsalted nuts (peanuts, almonds, cashew, etc.)
Nut butter (peanut, almond, cashew, etc.) on whole wheat toast, bagels or waffles	Dried beans and peas (black beans, pinto beans, navy beans, black eyed peas, etc.)	Baked, grilled, or broiled fish or shellfish as an entrée or added to other dishes like salads or pasta dishes	Edamame***
Oatmeal topped with dried fruit and unsalted nuts	Lentil or bean soup	Tofu or tempeh** added to salads, stir-fry or pasta dishes	Nut butter with fruit
Greek yogurt with berries*	Peanut butter (or other nut butters) on a sandwich or wrap	Lean beef steaks or burgers	Trail mix
Cottage cheese with fruit*		Lean beef or pork roasts	Hummus with carrots, peppers or celery

*Although yogurt and cottage cheese are considered dairy foods, they contain protein and other important nutrients like Calcium and Vitamin D.

**Tofu and tempeh are made from soybeans. Tofu and tempeh take on the flavors of the foods they are prepared with and can be added to many types of mixed dishes.

***Edamame are young soybeans. They make a great snack or can be added to salads and mixed dishes like a stir-fry. You can find them at many stores in the frozen foods section.



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