



The Power of Protein

Protein is important to the function and health of muscles, bones, skin and blood. Like carbohydrates and good fats, protein is a macronutrient—an essential nutrient that must be consumed from a source outside the body.

How Can You Get Your Fill?

Obtain dietary protein with these meal options:

- Fish
- Poultry (chicken or turkey)
- Beans
- Nuts
- Whole grains

How Much Do You Need?

The Institute of Medicine recommends a daily protein intake of

- 56g for adult males
- 46g for adult females