Beef



Essential 9 Amino Acids

Protein:
25g
per serving

Chicken



Essential 9 Amino Acids

Protein:
27g
per serving

Milk



Essential 9 Amino Acids

Protein:
8g
per serving

Eggs



Essential 9 Amino Acids

Protein:
6g
per serving

Soy

(milk substitute)



Essential 9 Amino Acids

Protein:
7g
per serving

Salmon



Essential 9 Amino Acids

Protein:
23g
per serving

Chicken

- Serving size is 3oz
- Skinless chicken cuts decrease the fat content.
- Turkey is another common meat source from poultry.

Beef

- Serving size is 3oz
- Beef contains 10 essential nutrients
- Select lean or low-fat cuts of beef.

Eggs

- Eggs contain 8 essential nutrients.
- The egg yolk contains about 1/3 of the protein.
- 1 serving of eggs usually costs less than 15 cents.

Milk

- Serving size is 8oz
- Milk contains 13 essential nutrients.
- Chocolate milk is considered a great recovery drink for athletes.

Salmon

- Serving size is 3oz
- Seafood options like salmon and trout are high in omega-3s.
- It is suggested to eat 8-12oz of fish a week.

Soy

- Serving size is 8oz
- Soybeans can be processed into a milk substitute. It is considered the closest in nutritional equivalency to cow's milk.

Quinoa



Essential 9 Amino Acids

Protein:
8g
per serving

Tempeh



Essential 9 Amino Acids

Protein:
17g
per serving

Cheese



Essential 9 Amino Acids

Protein:
6g
per serving

Greek Yogurt



Essential 9 Amino Acids

Protein:
15g
per serving

Lentils



< 9 essential amino acids

High in:
Isoleucine
Lysine

Low in:
Methionine
Tryptophan

Protein:
9g
per serving

Whole Grain Bread



< 9 essential amino acids

High in:
Tryptophan
Methionine

Low in:
Lysine
Isoleucine

Protein:
3g
per serving

Tempeh

- Serving size is 3oz
- Tempeh is made from fermented soybeans.
- Easy to flavor and cook with since it takes on the flavor of what it is cooked with

Quinoa

- Serving size is 1 cup
- Quinoa contains more protein than most other grains.
- It can be used in place of rice in recipes.

Greek Yogurt

- Serving size is 6-8oz
- Greek yogurt is strained to take out most of the whey—making it thicker than traditional yogurt.
- Greek yogurt often. has more protein per serving.

Cheese

- Serving size is 1.5oz
- There are over 2,000 varieties of cheese.
- Cheese is a great dairy option for those that are lactose intolerant. The lactose is already broken down.

Whole Grain Bread

- Serving size is 1 slice
- The ingredient label should say 'whole grain' or 'whole wheat.'

Lentils

- Serving size is 1/2 cup
- Lentils are very similar to beans in nutrition and can be used in similar recipes.
- Can be counted in the protein food group.
- Beans, peas, and lentils are also called "pulses."

Almonds



< 9 essential amino acids

High in:
Isoleucine
Lysine

Low in:
Methionine
Tryptophan

Protein:
6g
per serving

Peanut Butter



< 9 essential amino acids

High in:
Tryptophan
Methionine

Low in:
Lysine
Isoleucine

Protein:
7g
per serving

Brown Rice



< 9 essential amino acids

High in:
Cysteine
Methionine

Low in:
Lysine

Protein:
5g
per serving

Peas



< 9 essential amino acids

High in:
Lysine

Low in:
Cysteine
Methionine

Protein:
8g
per serving

Beans



< 9 essential amino acids

High in:
Isoleucine
Lysine

Low in:
Methionine
Tryptophan

Protein:
7g
per serving

Whole Grain Cracker



< 9 essential amino acids

High in:
Tryptophan
Methionine

Low in:
Lysine
Isoleucine

Protein:
2g
per serving

Peanut Butter

- Serving size is 2 Tbs
- Peanuts are made into a paste and then sometimes sweeteners or emulsifiers are added for taste and texture.

Almonds

- Serving size is 1oz
- One ounce is about 23 almonds.
- Almonds are the tree nut with the most vitamin E and riboflavin.

Peas

- Serving size is 1 cup
- Peas are rich in nutrients that benefit heart health.
- Part of the legume family.
- Can also be counted in the protein food group.
- Beans, peas, and lentils are also called "pulses."

Brown Rice

- Serving size is 1 cup
- Use short grain rice if you want sticky rice.

Whole Grain Cracker

- Serving size is 16 crackers
- Whole grain crackers contains additional fiber and nutrients than white.
- Pairs well with other nutritious foods for a snack.

Beans

- Serving size is 1/2 cup
- Rich in 9 essential nutrients needed for optimal health.
- Beans can also be counted in the protein food group.
- Beans, peas, and lentils are also called "pulses."