Topic 2: Choose Healthy Protein Foods

Our bodies use protein to build a healthy immune system, and to maintain hair, nails, bones, skin and muscles. Protein can also help keep our blood sugars at a steady level, and may decrease sugar cravings. Protein also digests most slowly, which can decrease hunger and keep us feeling full longer.

Eating too much meat, not enough of other food groups like vegetables, fruits, grains and healthy fats can cause a lot of strain on our body.

Fried meats, red meats and processed meats are often high in salt, saturated fat and cholesterol. Processed meats include smoked, cured, and preserved meats. These choices can increase your risk for stomach and colorectal cancer. Consuming too much of these proteins also increases your risk for high blood pressure, high cholesterol and triglycerides, clogged arteries, heart attacks and stroke.

High Quality Protein Options

Food	Quantity	Protein Grams
Lean cooked meat: chicken/turkey/seafood	1 oz	7
Low fat cheese: string cheese, Babybel	1 piece	7
Cow milk	1 cup	8
Whole large egg	1	7
Large egg whites	2	7
Low fat ricotta cheese	¼ cup	7
Low fat Greek yogurt	¾ cup	15
Low fat cottage cheese	¼ cup	7
Tofu	½ cup	7
Soy milk	1 cup	7

Tips for including healthy protein in your diet:
- Limit red meat (beef, pork, lamb) to less than 3 servings per week.
- Avoid processed meats of all types: bacon, sausage, hot dogs, deli meats, smoked meats, jerky. Even smoked salmon and turkey bacon.
- A serving of protein is about the size of your hand's palm. This is roughly 3 to 5 ounces.
- Choose lean options:
  - Beef and pork: round, loin, sirloin, tenderloin, trim off excess fat. Limit ground options.
  - Poultry: skinless chicken and turkey
  - Seafood: salmon, tuna, cod, sardines, clams, oysters
- Use low-fat cooking methods: boil, steam, bake, grill. Avoid deep frying.
- Consider a few meatless meals by using plant-based proteins: nuts, seeds, beans, lentils, whole soy like tofu, soy beans and tempeh

Topic 2: Choose Healthy Protein Foods – Patient Form
Part 1: Test Your Knowledge

1. What are considered red meat choices:
   a. chicken, tuna and duck   b. beef, pork and lamb
   c. salmon, turkey and goat   d. shrimp, clams and oysters

2. What are the benefits of protein:
   a. Decrease appetite and hunger   b. Stabilize blood sugars
   c. Fight heart disease   d. Both a and b

3. What is a healthy choice for protein
   a. 3 slices of turkey bacon   b. 1oz beef jerky
   c. 3 oz. grilled salmon   d. 2 Tbs. Skippy peanut butter

Part 2: Diet Log – Pick 3 days and log your food and drink intake

Meals, Snacks and Drinks	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Drinks			

Part 3: Exercise
Did you exercise this week? YES   NO
If not, why: _____
If yes, what did you do and how often: _____

Part 4: Weekly Weigh-in
What is your weight today? _____   Today's Date: _____

Print Your Name: _____   Birth Date: _____

Dietitian Signature: _____ (Lin Lin Shao RD LD)