

## Proteins

- Eat a protein-rich food at each meal and snack. It will help you feel satisfied between meals and keep your blood glucose at an even level.
- Fill  $\frac{1}{4}$  of your plate with plant or animal protein sources.
- Plant-based proteins are high in fiber and nutrients. Choose foods such as almonds, black beans, edamame, hummus, lentils, peanut butter, pinto beans, tempeh, tofu and walnuts.
- Animal proteins are great sources of iron, B vitamins and zinc. Include eggs, fish and seafood, and poultry more often than beef, goat, lamb, pork and dairy foods such as milk and cheese.
- When possible, seek out local, wild-caught, pasture-raised or wild game options. For example, grass-fed beef has more healthful omega-3 fats. Pasture-raised eggs are higher in vitamins A and E.
- Organ meats, or "offal," such as liver or kidney, are high in nutrients.
- Limit how often you eat processed or cured meats such as bacon, sausage, deli, or blackened or charred meat.



(over)

## Protein-rich Snack Ideas

- cheese and grapes
- cottage cheese and fruit
- Greek yogurt and granola
- hard boiled egg and carrots
- hummus and peppers
- nuts and dried fruit
- peanut butter and apple
- whole grain crackers and almond butter

