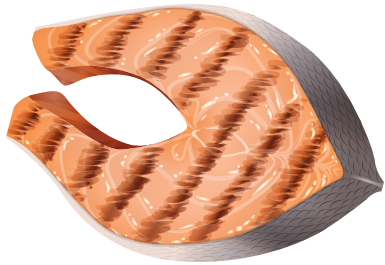


Protein

Proteins include beans, lentils, nuts, tofu, eggs, vegetables, grains, fish, meat, and poultry. When buying protein foods, always make sure to look at the nutrition labels to compare saturated fat, protein, and sodium.



Why do we need protein?

Protein is a crucial nutrient that every cell in our bodies needs. It helps build and repair cells and body tissues, including the skin, hair, muscle, and bone. Protein is also important for blood clotting, immune system responses, hormones, and enzymes.

What foods have protein?

Though many people picture meat, poultry, and fish when they think of protein, there are so many other ways to get protein! Different protein foods have different nutrients, so getting a variety of proteins is great for your health and budget.



Complete proteins

Many protein foods have all the amino acids we need – but for those that don't, we can pair them with complementary foods to create what are called complete proteins.

Examples of complete proteins include meat, poultry, fish, eggs, dairy, tofu, edamame, and tempeh. Pair incomplete proteins to create a complete protein!



Legumes (beans, peas, lentils) + Whole grains



Protein

Protein helps us build body tissue and keep us full throughout the day. What protein foods are the best bang for our buck? For the most nutrition, eat a variety of protein foods!



Ground Beef

19g protein
Serving: 112g
\$1.17/serving



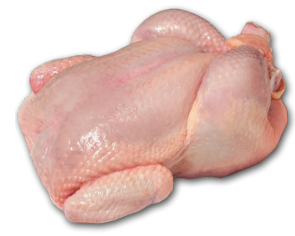
Lamb

26g protein
Serving: 100g
\$2.00/serving



Tofu

9g protein
Serving: 85g
\$0.78/serving



Chicken (whole)

31g protein
Serving: 100g
\$0.41/serving



Canned Black Beans

9g protein
Serving: 130g
\$0.33/serving



Lentils

8g protein
Serving: 35g
\$0.10/serving



Canned Tuna

10g protein
Serving: 56g
\$0.88/serving



Eggs

8g protein
Serving: 1 egg, 63g
\$0.17/serving



Sunflower Seeds

5.5g protein
Serving: 30g
\$0.31/serving



Dried Black Beans

8g protein
Serving: 35g
\$0.08/serving



Peanut Butter

7g protein
Serving: 2 Tbsp, 32g
\$0.18/serving



Frozen Fish

25g protein
Serving: 142g
\$3.67/serving