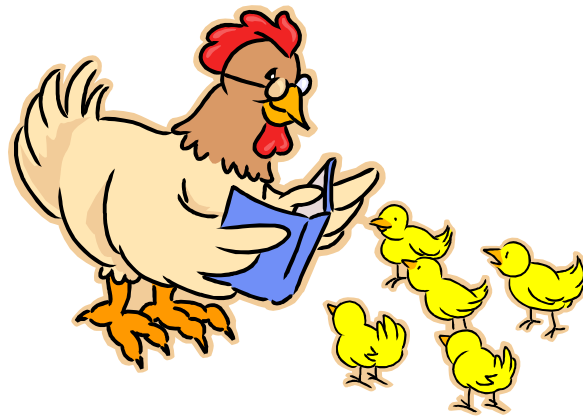
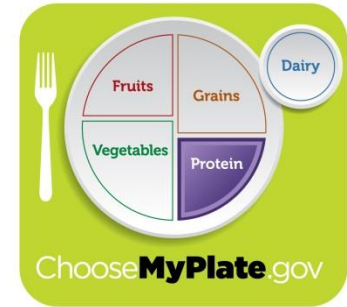


MyPlate...Protein

Variety is key, with protein foods

Protein foods include both animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts and seeds) sources.



Tips for choosing protein:

- vary your protein food choices
- choose seafood twice a week
- make meat and poultry lean or low fat
 - have an egg
- eat plant protein foods more often (beans and peas)
 - select nuts and seeds



For more information on MyPlate...Protein
<http://www.choosemyplate.gov/food-groups/protein-foods.html>

