

Protein Power

Did You Know.....

- Protein Deficiency Is RARE in the U.S.
- Most Americans Consume 50% more protein than needed.
- The Best Protein choices are low in saturated fat.

Following are good sources of protein that are often available at FOODLINK.

Tunafish in Water	22 g per 3 oz
Trail Mix	21 g per 1 cup
Great Northern Beans	19 g per 1 cup canned
Canned Salmon	17 g per 3 oz
Cranberry/Roman Beans	17 g per 1 cup cooked
Almonds	15 g per ½ cup
Walnuts	15 g per ½ cup
Black Beans	15 g per 1 cup cooked
Kidney Beans	15 g per 1 cup cooked
Yogurt	12 g per 1 cup plain
Milk (nonfat)	8 g per 1 cup
Peas	8 g per 1 cup canned
*Peanut Butter	8 g per 2 T
Pasta	7 g per 1 cup cooked

**Processed peanut butter is high in saturated and trans fats. Use caution with portion sizes.*

If your budget allows you to provide meat, choose lean, skinless meats – or meats that are low in saturated fat (*less than 3 g saturated fat per serving is best*).

***For More Information Contact Your Nutritionist at Foodlink
(585) 328-3380 x125***

Sources: USDA Nutrient Analysis Database, World Health Organization, American Diabetic Association