Pick healthy proteins

Protein is a powerhouse. Proteins act as building blocks for bones, muscles, cartilage, skin and blood. Proteins also provide calories. It is important that you eat enough protein every day. But when you are choosing proteins to eat, it is important that those proteins come from heart-healthy sources.

HOW MUCH YOU NEED EACH DAY?

The amount of protein you need varies, depending on your age, sex, height, weight and physical activity. Being pregnant may also affect how much you need. Visit **myplate.gov/myplate-plan** to find out how much you need.

Talk to your doctor about what your daily recommended allowance of protein should be and take steps to meet that goal regularly.

WHAT KINDS OF PROTEINS?

Most people eat enough protein, but much of it comes from meat sources that are high in saturated fat. Choose lean meats and plant-based proteins to get your daily allowance and to maintain a healthy lifestyle. These include:

- Poultry
- Seafood
- Lentils
- Beans
- Nuts
- Soy
- Eggs
- Seeds

These foods are also packed with nutrients, such as B vitamins (niacin, thiamin, riboflavin and B6), vitamin E, iron, zinc and magnesium.