

Prescription Card: Protein

These health and nutrition cards are provided by the Poughkeepsie Mother's Project thanks to the generous support of the Poughkeepsie Branch American Association of University Women

- Protein is important for boosting your immune system and improving your overall health!
- About 1/3 of what you eat should be some sort of protein
- There are many different kinds of protein to choose from!

Types of protein:

- Meat: chicken, turkey, and other poultry; beef, pork, lamb
- Eggs
- Cheese, plain yogurt, cottage cheese
- Nuts: peanuts, cashews, almonds, walnuts, hazelnuts, pecans, pistachios, macademia nuts, Brazil nuts, pine nuts, etc.
- Seeds: pumpkin/pepitos, sesame, sunflower, etc.
- Beans: pinto, black, kidney, lima, soy (tofu, tempeh), edamame, lentils, chickpeas/garbanzo beans, black-eyed peas, cannellini, navy, etc.