



POWER PROTEINS



PROTEIN FOODS CAN ALSO BE HIGH IN:

Zinc | zinc is also important for our immune system and can help with wound healing.

Iron | this important mineral also an important part of our immune system. Low levels of iron can make us feel tired.

Other important nutrients such as **calcium, vitamin D,** and **omega-3 fatty acids.**

WHY DO WE NEED PROTEIN?

Protein helps with:

- **healing** after a surgery or operation,
- supporting **blood sugar** levels,
- helping us to **feel full** after a meal,
- keeping our **immune system** strong
- helping to build **strength** and keep our muscles strong,
- elders - our muscle mass decreases with age so our protein needs go up. Keeping strong helps us with our **independence and mobility.**



FOODS HIGH IN PROTEIN

AIM FOR ONE OF THESE AT EACH MEAL



Dairy - Milk, Greek yogurt, cottage cheese, cheese (Cheddar, Swiss, Etc)



Meat, Fish, Eggs, Seafood

- Chicken, beef, pork, fish, seafood (clams, mussels, prawns, crab, urchins)



Lentils and Beans -

Red lentils, green lentils, split peas, kidney beans, black beans, chickpeas



Nuts, Seeds and Peanut Butter -

Peanut butter (natural), almonds, cashews, walnuts, hazelnuts, pumpkin seeds, sunflower seeds



Soy - Tofu, tempeh, edamame beans (in the pod or shelled)