

# WHAT IS PROTEIN?

Protein is a necessary part of any diet. It is found in a variety of foods, both plant and animal-based.



## Animal-based proteins

milk, cheese, yogurt, eggs, beef, chicken, pork, fish



## Plant-based proteins

beans/legumes, nuts, soy, grains

When you eat protein, it is broken down into amino acids, which are used in our muscles, tissues, and cells. Our bodies need protein daily. In people with some conditions, protein from foods must be limited. Here are examples of common foods and their protein amounts. Your dietitian will work with you on your protein and amino acid goals.

### Green:

lower in protein  
0-1 grams/serving

apples, bananas,  
blueberries, carrots,  
cauliflower, celery,  
cherries, green beans,  
jicama, mango, peach,  
pineapple, raspberries,  
tomatoes, spaghetti  
squash, strawberries,  
summer squash

### Yellow:

moderate in protein  
1-2 grams/serving

asparagus, avocado,  
broccoli, Brussels sprouts,  
butternut squash,  
corn, mustard greens,  
mushrooms, sweet  
potato, white potato,  
yuca (cassava)

### Red:

high in protein  
>2 grams/serving

beans/legumes, dairy  
products, eggs, fish,  
meat, nuts, peas, poultry,  
rice, seeds, soy, quinoa

# NOTES FROM MY DIETITIAN

## My Foods

Green: lower in protein	Yellow: moderate in protein	Red: high in protein

## Other important notes:

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