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

Protein content above is based on 1/2 cup serving sizes as found in Nutritionist Pro.
### NOTES FROM MY DIETITIAN

#### My Foods

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<thead>
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<th>Green: lower in protein</th>
<th>Yellow: moderate in protein</th>
<th>Red: high in protein</th>
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**Other important notes:**

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