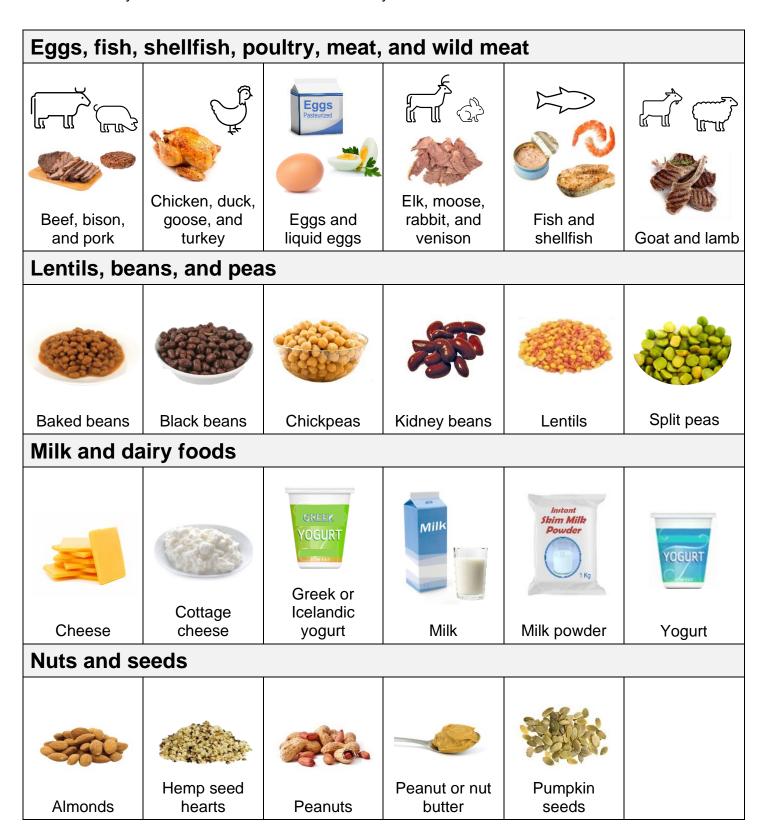
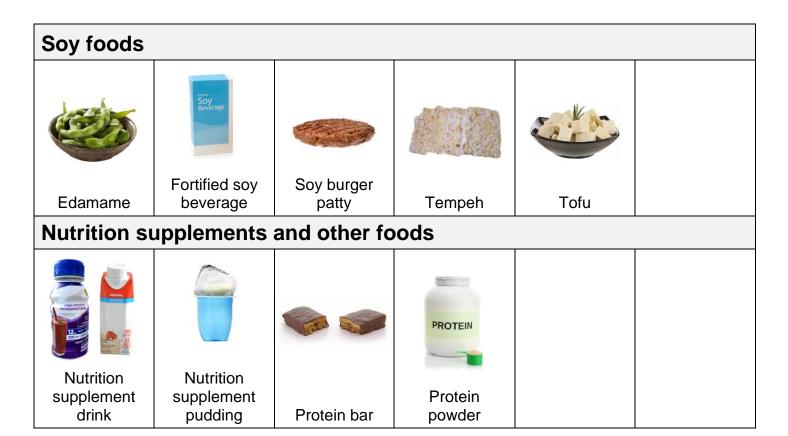
Foods with Protein

Eat foods with protein to help you meet your protein needs and to maintain your muscle. Include foods with protein at each meal and snack.

Choose a variety of foods from the table below each day.







My protein foods

For more information



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a <u>self-referral form</u> on ahs.ca/811.
- Visit ahs.ca/nutrition.

Foods with Protein Page 2 of 2 404241-NFS (Apr 2023)

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