Proteins

Proteins are important for keeping me healthy.
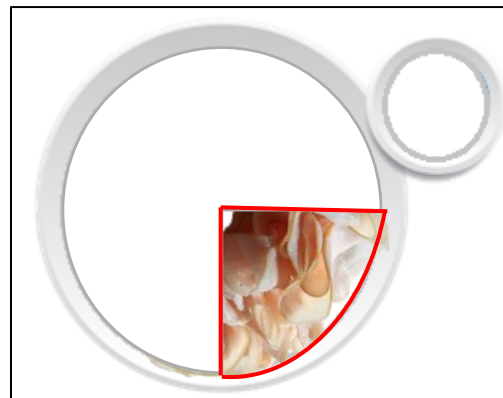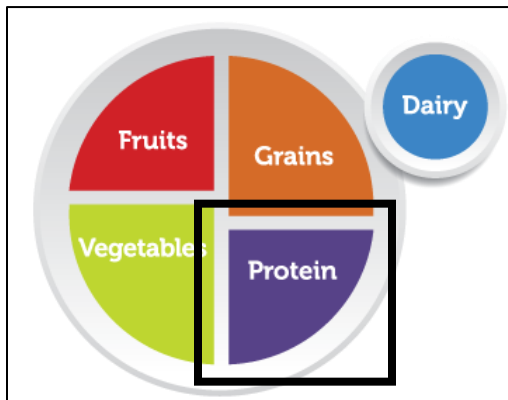
Proteins are foods like chicken, turkey, pork, and beef.

Eggs, fish, beans, and nuts are proteins, too!

My meal has 5 parts, and 1 part should be protein.

Some proteins are better than others – these are "low fat" or "lean."

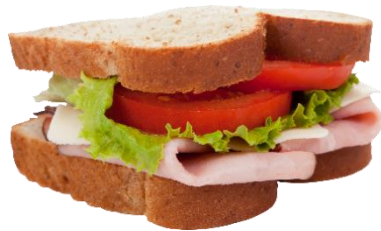**Low fat and lean options are turkey, chicken, and fish.**

I can eat protein at every meal and make healthy choices!

For breakfast, I can choose eggs.

For lunch, I can choose turkey or low-fat peanut butter for my sandwich.

For dinner, I can choose fish, chicken, or steak.

Proteins also make good snacks!

I can choose Greek yogurt, nuts, or hummus.

Eating protein keeps me healthy!

Advocate Medical Group
Adult Down Syndrome Center