

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

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Why protein is important to eat

Protein is made of building blocks called amino acids. Although our bodies can make some of these amino acids, nine of them (the essential amino acids) must be obtained from food.

Soy and animal sources of protein (milk, eggs, meat, poultry, fish, and seafood) contain all the essential amino acids in the amounts our bodies need.

Most plant foods contain some of these nine essential amino acids. Beans have some and grains have other amino acids. Eating these different foods throughout the day will provide you and your body with adequate protein.

We need protein to help build and maintain muscle, which can help us stay strong as we age. But protein does so much more than build muscle. It helps to build all parts of the body, even our bones.

Protein foods

Canada's food guide suggests filling a quarter of your plate with protein foods at each meal. Lean meat, poultry, eggs, milk, cheese, yogurt, kefir and fish all contain protein. The food guide also suggests choosing plant-based protein foods often. Plant-based proteins include beans, peas, lentils, and nuts.