










# 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.

Eggs, fish, shellfish, poultry, meat, and wild meat					
 <p>Beef, bison, and pork</p>	 <p>Chicken, duck, goose, and turkey</p>	 <p>Eggs and liquid eggs</p>	 <p>Elk, moose, rabbit, and venison</p>	 <p>Fish and shellfish</p>	 <p>Goat and lamb</p>
Lentils, beans, and peas					
 <p>Baked beans</p>	 <p>Black beans</p>	 <p>Chickpeas</p>	 <p>Kidney beans</p>	 <p>Lentils</p>	 <p>Split peas</p>
Milk and dairy foods					
 <p>Cheese</p>	 <p>Cottage cheese</p>	 <p>Greek or Icelandic yogurt</p>	 <p>Milk</p>	 <p>Milk powder</p>	 <p>Yogurt</p>
Nuts and seeds					
 <p>Almonds</p>	 <p>Hemp seed hearts</p>	 <p>Peanuts</p>	 <p>Peanut or nut butter</p>	 <p>Pumpkin seeds</p>	

Soy foods					
					
Edamame	Fortified soy beverage	Soy burger patty	Tempeh	Tofu	
Nutrition supplements and other foods					
					
Nutrition supplement drink	Nutrition supplement pudding	Protein bar	Protein powder		

## 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 [self-referral form](#) on ahs.ca/811.
- Visit [ahs.ca/nutrition](https://www.ahs.ca/nutrition).