

Foods with Protein

Eating foods with protein can help you meet your protein needs and maintain your strength. To help increase the protein in your diet include foods with protein at each meal and snack. Choose a variety of foods from the table below each day.

Eggs, fish, shellfish, meat, and poultry					
					
Beef, bison, pork, or lamb	Chicken or turkey	Eggs	Fish or shellfish	Liquid eggs	Wild game
Nuts and seeds					
					
Almonds	Hemp seed hearts	Peanuts	Peanut or nut butter	Pumpkin seeds	
Soy foods					
					
Edamame	Fortified soy beverage	Soy burger patty	Tempeh	Tofu	
Beans, peas and lentils					
					
Baked beans	Black beans	Chickpeas	Lentils	Kidney beans	Split peas
Milk and dairy foods					
					
Cheese	Cottage cheese	Greek or skyr yogurt	Milk	Milk powder	Yogurt

Nutrition supplements and other foods

 <p>Nutrition supplement drink</p>	 <p>Nutrition supplement pudding</p>	 <p>Protein bar</p>	 <p>Protein powder</p>		
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My protein foods

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