

HEALTHY PROTEINS

Your body uses protein to build new cells and repair old ones. Think of protein as building blocks for your body to keep your bones, muscle, skin and blood healthy. Although protein has less effect on your blood

sugar levels, some high protein foods are also high in fats or carbohydrates. When choosing high protein foods, be careful to watch your fat intake and to "count your carbs" as well.

KNOW YOUR PROTEINS

Some foods that are high in protein include fish, chicken, beef, pork, cheese, beans, soy products and nuts. Try to include fish at least 2 times per week and limit your intake of red meats. Eat chicken without the skin for less saturated fat and cholesterol. Plant-based protein foods—like beans, soy and peanut butter—provide quality protein, healthy fats, and fiber. Keep in mind that some have more fats and carbohydrates, so make sure to read labels. Your doctor, pharmacist or diabetes educator/dietitian can help you plan meals that include the right balance of proteins for you. Look at the list of foods below and compare the grams of protein found in each.

Plant-based proteins and lower fat meats & dairy:

	PROTEIN
Chicken breast, roasted, no skin (8 ounces)	69 grams
Cottage cheese 2% (1 cup)	25 grams
Peanut butter (3 tablespoons)	12 grams
Chili with beans (1 cup)	14 grams
Black beans & rice (8 ounces)	10 grams
Lentils, cooked (1/2 cup)	9 grams
Salmon, baked (6 ounces)	44 grams

Beef and other higher fat meats & dairy:

	PROTEIN
Steak (8 ounces)	57 grams
Macaroni and cheese (1 cup)	13 grams
Taco with beef (3.5 ounces)	12 grams
Cheese pizza, 1 slice (6 ounces)	12 grams
Cheeseburger (8 ounces)	15 grams
Egg, 1 large	6 grams
Pork loin chop (6 ounces)	47 grams

