Healing Through Nutrition
High Protein

Without proper nutrition, your body cannot heal. Protein provides the building blocks your body needs to:

1. Protect your healthy tissues
2. Heal your damaged tissues
3. Fight infection

EAT ENOUGH THROUGHOUT THE DAY

- Eat 3 meals per day and make 25% of your plate protein at every meal
- Eat at least 1 protein-containing snack every day

VITAMINS

- Take a daily multivitamin with minerals for the micronutrients your body needs

SOURCES OF PROTEIN

ANIMAL PROTEIN
- beef, pork, chicken, turkey, fish, eggs, cheese, yogurt

PLANT PROTEIN
- nuts, nut butters, seeds, beans, lentils, soy, tofu

TIPS FOR ADDING PROTEIN TO MEALS
- Add nuts or seeds to your salad
- Add eggs or yogurt to your breakfast
- Make soups or stews with beans or lentils
- Try lentil pasta

TIPS FOR ADDING PROTEIN TO SNACKS
- 1/4 cup trail mix
- Spread peanut or almond butter on celery, apples, or toast
- Dip veggies in hummus
- String cheese with cherry tomatoes