

## PROTEIN SHEET 40-60 GRAMS PER DAY

Poor protein intake can result in poor weight loss, fatigue, and loss of lean body mass.

The body will set itself for preservation (no weight loss) if it does not receive enough protein. By consuming enough protein, you can help prevent hair loss as well.

### GOOD SOURCES OF PROTEIN

- Lean Meats
- Chicken
- Turkey
- Lean Pork / Beef
  
- Low Fat Dairy Products
- Cottage Cheese
- Yogurt
- Non-Fat Milk
  
- Tuna Fish – Water Packed
  
- Tofu
  
- Whole Grains
- Bagels
- Shredded Wheat
  
- Egg Whites
  
- Legumes and Beans
  
- Protein Shakes
  
- Vegetable Protein Powder  
From Health Food Store
  
- Nuts (Watch Fat Content)
  
- Peanut Butter  
(Watch Fat Content)