



Why You Need High Protein Food

What Is Protein?

Protein is very important to build up your strength and keep you healthy as well as feeling your best!

What Does Protein Do For You?

Protein repairs, builds, and keeps your muscles strong. Getting enough protein each day can help prevent you from feeling sick or weak, and helping to prevent further problems such as infections or hospitalizations.

Where Do You Find Protein?

The best sources of protein are in animals and listed below:

- Beef
- Fish
- Meatballs
- Meatloaf
- Pork Chops
- Pork Roast
- Turkey
- Duck
- Lamb
- Lamb Chops
- Hamburger
- Goose
- Salmon
- Cottage Cheese
- Egg Salad
- Eggs or egg substitute
- Tuna steaks or tuna salad
- Chicken or chicken salad
- Tofu or meat substitutes
- Veal or veal chops
- Shellfish: Crab or Shrimp
- Scallops, Clams
- High Protein Powders, Bars or Nutritional Drinks



Put these foods in the cart!