

PROTEINS



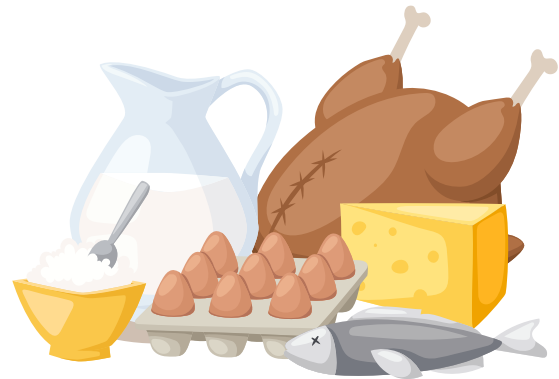
ABOUT PROTEINS

- Take away the water and about 75 percent of your weight is protein.
- Proteins are essential for growth and development. They provide the body with energy and are needed to manufacture hormones, antibodies, enzymes, and tissues.
- Protein builds, repairs and maintains organs, muscle, bone, skin, hair, and virtually every other body part or tissue.

What are some good sources of protein?

- Beef: Steaks, roasts, ground beef, ribs
- Poultry: Chicken, turkey
- Fish: Cod, tuna, salmon, halibut, trout
- Pork: Tenderloin, chops, roasts
- Eggs: Whites and Substitutes
- Nuts: Almonds, Walnuts, and Pecans
- Tofu: Extra Firm, Firm, and Silken

Remember: Some carbohydrate foods, like beans and lentils, also are a rich source of protein.



Does protein affect my blood glucose?

Protein has a small effect on blood sugar. Therefore, we don't focus on protein like we do on carbohydrates. However, many protein sources are either high in fat or can be prepared in high-fat ways.

Therefore, it is important to select lean protein sources as much as possible. Try to avoid frying them.

What else can I do to reduce the fat in proteins?

- Choose lean cuts of meat - look for "Loin" or "Round" in the name. If Prime is in the name it will have higher fat.
- You can also look for a percent amount to tell you how much of the meat is considered lean. For example, 93% Lean Ground Beef Patty. The higher the percent the better.
- If you eat canned protein such as tuna - look for tuna packed in water instead of oil.
- If you eat poultry such as chicken and turkey - take off the skin and eat breast meat.
- If you love bacon, and sausages, look for low fat options and eat just one piece. Canadian bacon is lower in fat than your regular bacon.