Protein and Bone Health

It is important to eat enough protein every day to keep our bones and muscles healthy. If you have had a recent injury, surgery or illness, not having enough protein can slow down the recovery.

Two important factors in protein intake:

1. **Amount**: Eat 20 to 30 grams of protein at each meal: breakfast, lunch and dinner
2. **Type**: Eat good quality protein foods such as eggs, low-fat dairy products, fish, seafood, poultry, soy beans, tofu, lean red meat or pork

Below are examples of foods that are high in protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount of Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean red meat, poultry, fish, seafood (75 grams or 2.5 ounces)</td>
<td>20-25 grams</td>
</tr>
<tr>
<td>Greek yogourt or cottage cheese (¾ cup)</td>
<td>18-20 grams</td>
</tr>
<tr>
<td>Soy beans or firm tofu (¾ of cup)</td>
<td>20 grams</td>
</tr>
<tr>
<td>Eggs (2 large whole eggs, or 3 egg whites)</td>
<td>12 grams</td>
</tr>
<tr>
<td>Legumes (e.g. beans, peas) (1 cup)</td>
<td>15-20 grams</td>
</tr>
<tr>
<td>Milk or soy milk (1 cup)</td>
<td>8 grams</td>
</tr>
<tr>
<td>Plain regular yogourt (¾ of cup)</td>
<td>8 grams</td>
</tr>
<tr>
<td>Peanut butter, nut and seed butters (2 Tablespoons)</td>
<td>8 grams</td>
</tr>
<tr>
<td>Raw nuts and seeds (e.g. almonds, pumpkin seeds) (¼ cup)</td>
<td>8 grams</td>
</tr>
</tbody>
</table>
Tips for adding more protein to your breakfast:

- Sprinkle raw nuts and seeds on oatmeal, cereals or yogourt
- Add raw nuts and seeds (or their butters) to smoothies
- Spread nut or seed butters or low-fat cheese on whole grain bread
- Drink milk, soy milk, buttermilk or kefir
- Add milk, condensed milk, skim milk powder, yogourt, Greek yogourt kefir, soy milk or soft tofu, to cereals, oatmeal or smoothies
- Enjoy eggs or egg whites cooked as omelets, poached, fried, boiled or scrambled
- Eat cottage cheese, yogourt or Greek yogourt on their own or with fruits and cereals

Tips for adding more protein to your snacks:

- Have edamame (soy beans in the pod) or roasted soy beans as snacks
- Snack on raw nuts and seeds throughout the day
- Have low-fat cheese, yogourt, Greek yogourt, cottage cheese or hard boiled eggs as a snack
- Drink milk, soy milk or kefir between meals

Tips for adding more protein to your lunch and dinner:

- Add raw nuts and seeds to salads or casseroles
- Enjoy eggs or egg whites in omelets, poached, fried, boiled or scrambled
- Add low fat cheese, milk, soy milk, condensed milk, skim milk powder, yogourt, Greek yogourt, tofu, eggs or egg whites to soups, salads, sauces, potatoes, stir-fries, rice, pasta, vegetable dishes or other casseroles
- Eat combinations of grains and legumes (e.g. beans and rice, lentils and barley), or combinations of legumes, grains and nuts and/or seeds (e.g. beans, rice and almonds; beans, barley and pumpkin seeds)
- Add lean ground or cut up meats (beef, lamb, pork, chicken, turkey), fish or seafood to salads, casseroles, soups, stir-fries, pasta or vegetable dishes
- Add nut butters to sauces or salad dressings
- Spread nut butters or hummus on sandwiches, crackers, or raw vegetables
- Add beans, lentils and chickpeas to salads, soups, rice, pasta, stir-fries and vegetable dishes