

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

Food	Amount of Protein
Lean red meat, poultry, fish, seafood (75 grams or 2.5 ounces)	20-25 grams
Greek yogourt or cottage cheese ($\frac{3}{4}$ cup)	18-20 grams
Soy beans or firm tofu ($\frac{3}{4}$ of cup)	20 grams
Eggs (2 large whole eggs, or 3 egg whites)	12 grams
Legumes (e.g. beans, peas) (1 cup)	15-20 grams
Milk or soy milk (1 cup)	8 grams
Plain regular yogourt ($\frac{3}{4}$ of cup)	8 grams
Peanut butter, nut and seed butters (2 Tablespoons)	8 grams
Raw nuts and seeds (e.g. almonds, pumpkin seeds) ($\frac{1}{4}$ cup)	8 grams

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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

