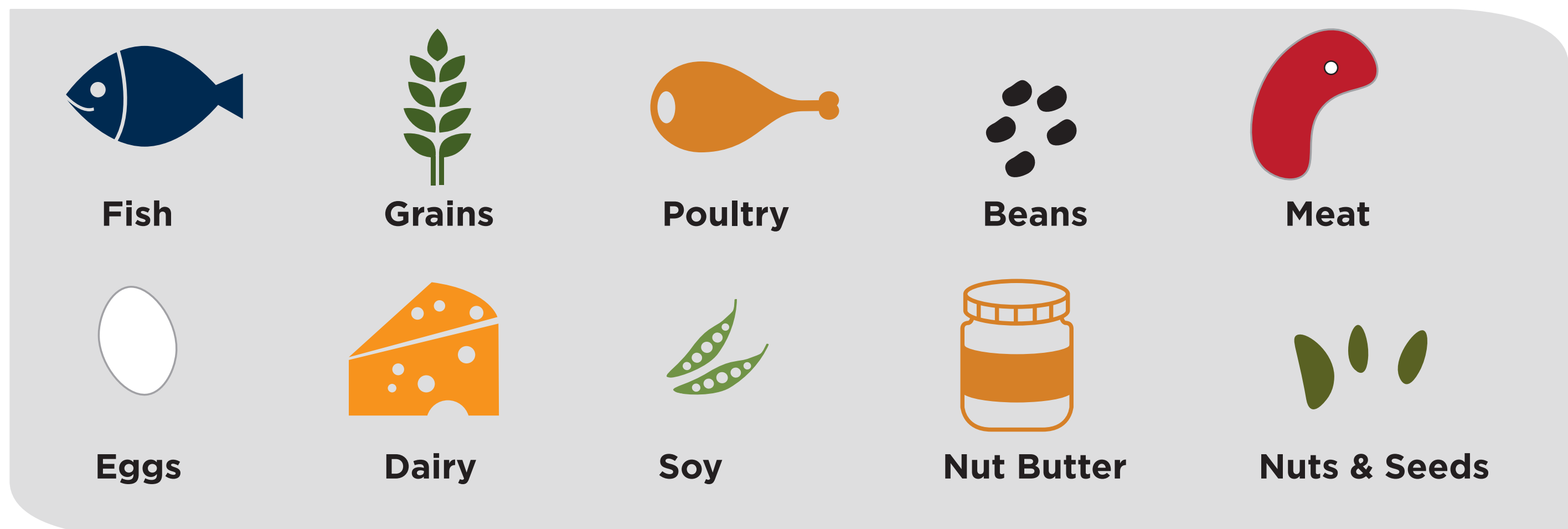


# PROTEINS: HEALTHY SOURCES & PORTIONS

Consider these sources of protein including non-meat options:

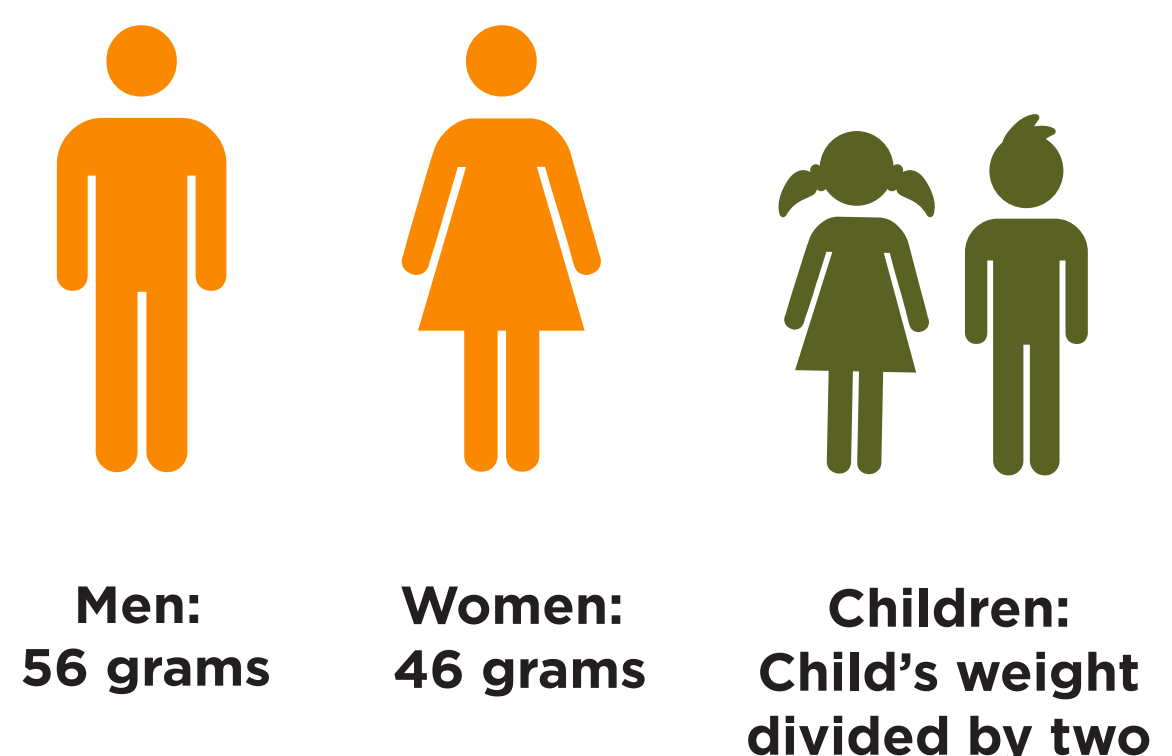


**Did you know that pairing a whole grain with a non-meat protein food provides a complete protein for your body?**

**Try these pairs:**

- **Brown rice & beans**
- **Whole wheat bread & peanut butter**
- **Oatmeal & almonds**

**Recommended daily protein intake for...**



**What does a serving size look like? Use your hand as a guide.**

