Health & Nutrition Tips

PROTEINS: HEALTHY SOURCES & PORTIONS

Consider these sources of protein including non-meat options:

- Fish
- Grains
- Poultry
- Beans
- Meat
- Eggs
- Dairy
- Soy
- Nut Butter
- Nuts & Seeds

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...

- Men: 56 grams
- Women: 46 grams
- Children: Child’s weight divided by two

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

- 3 oz. or the size of your palm for meat, poultry and fish
- 1 cup or size of your fist for low-fat dairy, beans, legumes and whole grains
- 1 oz. or the size of your thumb for nuts, seeds and nut butters

MORE INFORMATION AND RESOURCES
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