

Protein Sources

Your guide to which protein sources should be your go to options

Eat more



Lean pork



Turkey



Cottage cheese



Eggs



Edamame beans



Fish



Lean beef



Tofu



Beans



Tempeh



Chicken breast



Plain greek yoghurt

Eat some



Lamb



Minimally processed lean deli meats



Meat jerky



Protein powder



Poultry sausages



Tempeh bacon



Textured vegetable protein



Medium lean meats

Eat Less



Fish fingers/chicken nuggets



Fired meats



High fat sausages



Pepperoni sticks



High fat meat



High mercury fish



Protein bars



Plant based meat