



# POWER UP WITH PROTEIN

## EASY WAYS TO GET MORE PROTEIN INTO YOUR DIET

- Snacking on protein. Choosing high protein snack can help you get extra protein into your diet. Consider choosing snacks like cheese, cottage cheese, greek yogurt, nuts, or hard boiled eggs.
- Eat your protein first when consuming a meal.
- Add eggs to your breakfast.
- Include high protein foods with every meal. That means including meat, fish, poultry, eggs, legumes, soy products like tofu and tempeh with every meal.
- Enjoy more whole grains. Whole grain products typically have a higher protein content.
- Eat more beans and legumes. They are a great source of protein and a very affordable option.
- Pair fruit with nut butters, and vegetables with hummus.

### WHY IS PROTEIN IMPORTANT?

Protein is the primary building block of the body, it helps build and repair muscles, skin, bones, and other tissues. Protein is also involved in the production of antibodies and immune cells that help fight infections. Protein promotes satiety and keeps you feeling fuller longer

Information found on <https://www.healthline.com/nutrition/14-ways-to-increase-protein-intake#takeaway>

#### OUR MISSION

The YMCA of Greater Kansas City, founded on Christian principles, is a charitable organization with an inclusive environment committed to enriching the quality of family, spiritual, social, mental and physical well being.

A UNITED WAY AGENCY

[KansasCityYMCA.org](https://www.KansasCityYMCA.org)