

# POWERED BY PROTEIN

Protein is an essential nutrient made of building blocks called amino acids. It is part of every cell, tissue and organ in the body where it helps to build and maintain muscle and healthy tissue and aid in exercise recovery.



## IS YOUR PROTEIN ON PAR?

Protein needs depend on several factors including age, activity level, weight, and personal health goals. The Academy of Nutrition and Dietetics recommends 0.35 grams of protein per pound of body weight each day to support overall health.<sup>1</sup> This translates to adults generally needing about 5-7 ounces of protein foods on a daily basis.<sup>2</sup>

Eating a variety of foods high in protein can be beneficial:



May help you  
feel full<sup>3</sup>



May help sustain  
a healthy weight<sup>4</sup>



Support recovery  
and healing  
from injury<sup>5</sup>



May help grow,  
maintain and repair  
muscle mass<sup>6</sup>

## THE PROTEIN POWER PLAY

Not all proteins are created equal, so it's important to include a variety of sources in your diet. Here are some options for an easy meal addition or snack to help power up your day.



2/3 CUP

**PROTEIN: 13G, 20%DV**

[Nature Valley™ Oats & Honey Protein Granola](#)



1 OUNCE

**PROTEIN: 6G, 12%DV**

[Almonds](#)



1 BAR

**PROTEIN: 10G, 15%DV**

[Protein One Bar™](#)



2 EGGS

**PROTEIN: 12G, 24%DV**

[Hardboiled Eggs](#)



1 CUP

**PROTEIN: 11G, 14%DV**

[Progresso™ Protein Mediterranean-Style Lentil Soup](#)



1 STRING

**PROTEIN: 7G, 14%DV**

[String Cheese](#)



1 BAR

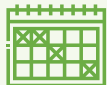
**PROTEIN: 10G, 16%DV**

[EPIC™ Beef Sea Salt + Pepper Bar](#)

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. The %DV listed above reflects protein content per serving, based on a recommended daily value of 50 g.

# LEVEL UP YOUR DAY, THE HIGH PROTEIN WAY

Help your protein work harder for you and your personal goals with these tips and tricks:



**Busy schedule?** Stash a snack with protein in your bag for fuel **on-the-go**.



**Stay satisfied.** Pair your protein with a fiber source to **help keep you full**. (think fruit with yogurt, veggies with hummus, or a handful of nuts with your favorite protein bar).



**Timing matters.** Research shows **when you eat protein** can make a difference. Aim for ~20 grams of protein within 30 minutes of physical activity.<sup>7</sup>

Find foods that fit your lifestyle from trusted brands that offer a variety of options:



## References:

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