

LEAN ON PROTEIN:

SUPPORTING WEIGHT MANAGEMENT

Protein is an essential macronutrient made up of amino acids that plays an important role in weight management.¹ Choose nutrient-dense, protein-rich foods that can help you support your weight management goals.



HOW CAN PROTEIN HELP SUPPORT YOUR GOALS?



Helps you feel full

Including high-protein foods at each meal can help with feeling full, and may help naturally support balanced food choices throughout the day.²



Helps maintain muscle

Protein helps with maintaining muscle mass, which is important for aging and keeping up with an active lifestyle. Having more muscle may also assist with weight maintenance.^{3,4}

CONVENIENT PROTEIN PICKS FOR YOUR DAY

Optimal protein intake for weight management varies from person to person, depending on individual needs and other factors.⁵ If you are looking for nutrient-dense, convenient ways to help you manage your weight, aim for a variety of protein sources throughout the day – including the variety of these protein forward, tasty, and convenient options.



1 CUP

PROTEIN: 8G, 10%DV

[Cheerios™ Protein Cereal](#)



2/3 CUP

PROTEIN: 13G, 20%DV

[Nature Valley™ Protein Granola](#)



1 BAR

PROTEIN: 10G, 16%DV

[Nature Valley™ Creamy Protein Bars](#)



1 BAR

PROTEIN: 6G, 10%DV

[Fiber One™ Protein Caramel Nut Bar](#)



1 SERVING

PROTEIN: 9G, 11%DV

[Progresso™ Southwest-Style Black Bean Soup](#)



1 CUP PREPARED

PROTEIN: 15G, 19%DV

[Annie's™ Super Mac](#)

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 50g.

HOW TO HELP HIT YOUR PROTEIN GOALS

Incorporate at least 1 source of protein at every meal.

- **Breakfast:** Cheerios™ Protein Cereal or Nature Valley™ Protein Granola paired with low-fat milk or yogurt and fruit
- **Lunch:** Pair Annie's™ Super Mac with a side of vegetables for a quick, easy lunch
- **Dinner:** Add a side salad and a slice of whole-grain toast alongside a bowl of Progresso™ Protein soup as part of a nutrient dense meal to end the day



Pick protein-based snacks.

Nature Valley™ Protein Creamy bars, low-fat cottage cheese, or a handful of nuts. Add a side of fiber, like an apple or a handful of baby carrots to help keep you powering through your day

Prioritize nutrient-dense foods.

Choose nutrient-dense foods that offer multiple beneficial nutrients in addition to protein, such as healthy fats, fiber, vitamins and minerals like colorful fruits and vegetables, whole grains, lean proteins, and low-fat dairy products



Mix it up.

Incorporate a variety of protein sources that fit your taste and cooking preferences to help you stay consistent and keep your meals and snacks interesting!

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

Cheerios



PROGRESSO

FIBER One

NATURE VALLEY

References:

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2. Chambers, Lucy, et al. "Optimising Foods for Satiety." *Trends in Food Science & Technology*, vol. 41, no. 2, Feb. 2015, pp. 149–60. *ScienceDirect*, <https://doi.org/10.1016/j.tifs.2014.10.007>.
3. Carbone, John W, and Stefan M Pasiakos. "Dietary Protein and Muscle Mass: Translating Science to Application and Health Benefit." *Nutrients* vol. 11,5 1136. 22 May. 2019, doi:10.3390/nu11051136
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