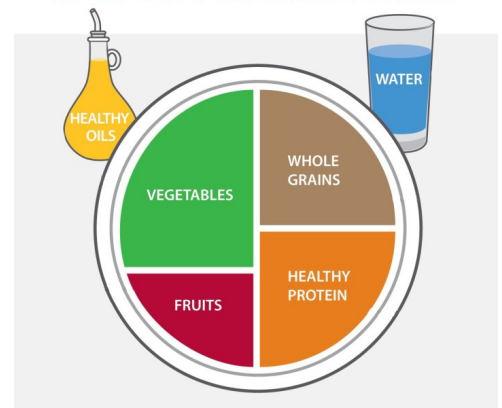


# Healing Through Nutrition

## High Protein



The Healthy Eating Plate. Copyright © 2011, Harvard University.

Without proper nutrition, your body cannot heal.  
Protein provides the building blocks your body needs to:

- 1 Protect your healthy tissues
- 2 Heal your damaged tissues
- 3 Fight infection

### EAT ENOUGH THROUGHOUT THE DAY

Eat 3 meals per day  
and make 25% of  
your plate protein at  
every meal

Eat at least 1  
protein-containing  
snack every day

### VITAMINS

Take a daily  
multivitamin with  
minerals for the  
micronutrients your  
body needs

## SOURCES OF PROTEIN



### ANIMAL PROTEIN

beef, pork, chicken, turkey,  
fish, eggs, cheese, yogurt

### PLANT PROTEIN

nuts, nut butters, seeds,  
beans, lentils, soy, tofu



### TIPS FOR ADDING PROTEIN TO MEALS

- Add nuts or seeds to your salad
- Add eggs or yogurt to your breakfast
- Make soups or stews with beans or lentils
- Try lentil pasta

### TIPS FOR ADDING PROTEIN TO SNACKS

- 1/4 cup trail mix
- Spread peanut or almond butter on celery, apples, or toast
- Dip veggies in hummus
- String cheese with cherry tomatoes