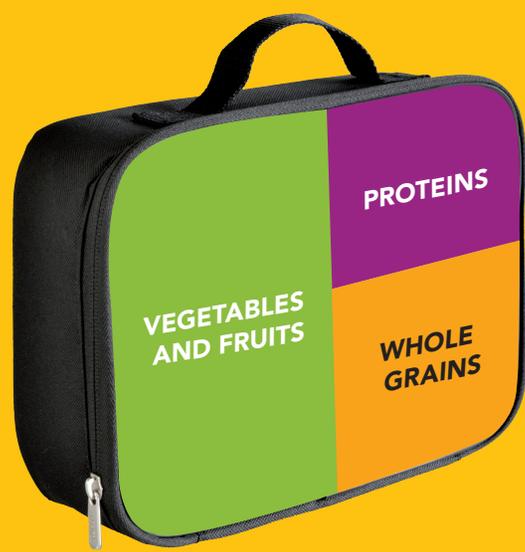


Spotlight on Protein

Enjoy a variety of protein foods to support good health.



Brought to you by:





Foods that include any kind of protein, animal or plant based, help build and support muscle in the body.

Protein foods support the body in many different ways!



Bone Health

Protein foods with **calcium** build and keep bones strong. Some examples include: milk, yogurt, cheese, fortified soy beverage, and tofu (regular, firm, and extra-firm).



Gut Health

Protein foods with **fibre** keep the gut healthy. Some examples include: nuts and legumes such as chickpeas, beans, split-peas, lentils, and soybeans.



Body Health

Protein foods with **iron** help the body to move and think. Some examples include: red meat (beef, pork, wild game), eggs, legumes, and tofu.



Enjoy different types of protein foods to support good health.

When packing lunches keep in mind classroom or school food allergy policy.

Healthy beverage options include:

When it comes to quenching thirst, water is a great choice. With a meal or snack, offer milk or a fortified plant-based beverage* that will not only provide hydration, but also protein, vitamins, and minerals. Use food labels to compare options¹, as some plant-based beverages have little to no protein².

**fortified means vitamins and minerals have been added to match the naturally nutrient rich profile of cow's milk.*



1. Health Canada. (2019, January). Canada's Dietary Guidelines: for Health Professionals and Policy Makers. Retrieved January 22, 2020, from <https://food-guide.canada.ca/static/assets/pdf/CDG-EN-2018.pdf>
2. Fenton, T. (2016). Plant-Based Beverages: Are they really healthier for young children?. Retrieved January 22, 2020, from <https://www.pennutrition.com/docviewer.aspx?id=12811>