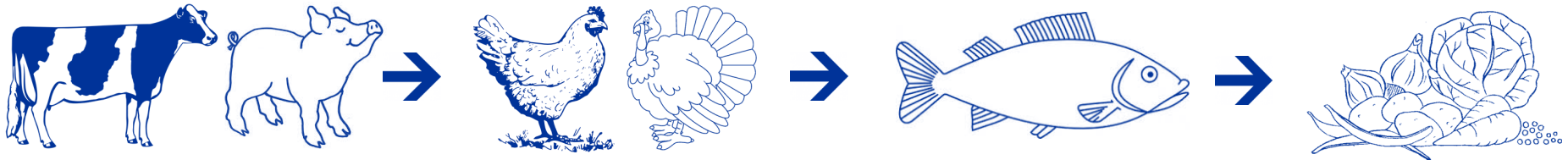


PROTEIN SHOULD BE LEAN

When choosing a lean protein source, always remember that the less legs they have, the better they are for your health. When consumed in large amounts, saturated fats can raise the level of blood cholesterol in your blood, increasing your risk of heart disease and stroke.

Less Leg Is Better



Beef, Pork, & Dairy

- Contains large amounts of saturated fat
- Choose lean cuts: tenderloin, 90/10 ground
- Go with low fat dairy foods: 1% milk, low-fat cottage cheese, low-fat yogurt
- Rich source of iron

Poultry & Eggs

- Contains moderate amounts of saturated fat
- Avoid fried poultry
- Choose grilled options
- White meat has less fat
- Remove skin

Fish

- Contains small amounts of saturated fat
- Rich in essential Omega-3 fatty acids
- Best options salmon, albacore tuna, lake trout

Vegetarian

- Contains little to no saturated fat
- Need 10% more protein than meat eaters
- Best sources: beans, peas, nuts, dairy, fish, sports bars, soy, tofu

Iron

- Iron delivers oxygen to the working muscle
- Low iron leads to fatigue

Protein

- 20-30 g of protein at each meal and snack
- 20 g of protein post workout

Omega-3

- Mental Clarity
- Cognitive ability
- Memory retention
- Decrease inflammation

Risks of Poorly Planned Vegetarian Diet

- Low caloric intake
- Low iron, calcium, zinc
- Low Vitamin D, B12