
PROTEIN

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Tips for Eating Pattern Shifts:

People can shift toward a healthy eating pattern by replacing some of the meat, poultry, and eggs they eat with other protein foods, as well as vegetables and legumes.

Here are some tips to help make those shifts:

- Instead of a piece of meat or chicken with dinner, choose grilled fish twice a week.
- Reduce the amount of beef in a burrito to make room for onions, peppers, beans, tomatoes, and lettuce.
- Choose vegetable soup or vegetarian bean chili instead of soup made with meat or chicken.
- Top a grilled chicken salad with unsalted walnuts or almonds.

Variety is the Spice of Life:

Meat, poultry, and eggs make up one subgroup of protein foods. The others are seafood; nuts, seeds, and soy products; and legumes (beans and peas), which count as protein foods or vegetables. A healthy eating pattern includes a variety of protein foods, because each type provides different nutrients.

By adding a variety of healthy protein foods to their diet, people will move toward healthy eating patterns and a healthy life. Eating patterns that are lower in meats and processed meats/poultry are associated with a reduced risk of heart disease, obesity, type 2 diabetes, and some types of cancer.

