

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



Bites of Protein

Six small, high protein meals are the key to keeping portions small and energy high. Choose these healthful snacks to meet your protein goal with ease. Don't forget protein drinks, powders and bars as a convenient and concentrated protein source.

	Serving	Calories	Protein
Soy Nuts	¼ cup	120 calories	10 grams
Lean Ham	2 oz	83 calories	12 grams
Lite String Cheese	1 oz	60 calories	8 grams
Chicken Breast Strips <i>(chicken breast marinated in fat free Italian dressing, cooked and cut into 1 oz strips—eat warm or cold)</i>	2 oz	95 calories	18 grams
Ham Rollups <i>(2 oz lean ham, spread with 2 Tbsp. fat free cream cheese and chopped green onion. Roll up and slice)</i>	1 serving	113 calories	17 grams
PB Celery Boats <i>(spread 2 Tbsp peanut butter on 1 celery stalk, cut into pieces.)</i>	1 recipe	190 calories	8 grams
Skim Milk	8 oz	86 calories	8 grams
Smoked Salmon	2 oz	140 calories	14 grams
Shrimp Cocktail	2 oz	40 calories	9 grams
Cottage Cheese	½ cup	80 calories	14 grams
Sirloin Steak Strips <i>(2 oz cooked steak cut into strips, top with 2 Tbsp shredded cheese and microwave until heated)</i>	2 oz	148 calories	19 grams
Canadian Bacon	1 oz (and 2% Cheddar 1 oz)	154 calories	13 grams
Turkey Breast	2 oz	51 calories	11 grams
Sardines, (Water Packed)	2 oz	53 calories	12 grams

	Serving	Calories	Protein
Sardines, Oil Packed	2 oz	60 calories	6 grams
Special K High Protein Cereal	¾ cup	100 calories	10 grams
Tuna Salad <i>(fat free mayo is even better)</i>	¼ cup	122 calories	8 grams
Chicken Salad <i>(fat free mayo is even better)</i>	¼ cup	75 calories	8 grams
Hard Boiled Egg	1 larg	80 calories	7 grams
Turkey Jerky	1 oz	80 calories	12 grams
Gerber Graduate Turkey Sticks	1 jar	110 calories	9 grams
Lean Deli Meat <i>(rolled and dipped in spicy deli mustard)</i>	1 oz	30-50 calories	7-9 grams
High Protein Yogurt <i>(1/2 scoop Any Whey Protein stirred into 6 oz no added sugar yogurt)</i>	1 recipe	130 calories	22 grams
High Protein Pudding <i>(1/2 scoop Any Whey Protein stirred into a 4 oz no added sugar pudding)</i>	1 recipe	130 calories	19 grams
Detour Lower Sugar Protein Bar	1 small bar	170 calories	15 grams
2% Milk Cheese	1 oz	90 calories	7 grams
Hummus	¼ cup	91 calories	5 grams
Refried Beans	¼ cup	50 calories	3 grams
Almonds	12 each	80 calories	3 grams
Carnation Instant Breakfast, No Added Sugar and Skim Milk	1 cup	156 calories	13 grams

