

Falls are not your fate!

Fuel your body: stay strong, steady, & safe.

Hydrate for a better gait

- ✓ Aim for 6–8 cups of fluid/day
- ✓ Include water-rich foods
 - Melons • Tomatoes
 - Apples • Cucumbers
 - Berries • Celery • Carrots

Add protein to your plate

- ✓ Aim for 20-30 grams per meal
- ✓ Include at every meal
 - Eggs • Nuts/Seeds • Fish
 - Dairy • Meat • Cheese
 - Beans • Hummus • Tofu

Falls Prevention is a Team Effort

Learn more at: <https://fallsfreewi.org/>



List of Foods High in Protein

Fish (3 oz = 19 grams)	Shrimp (8 large = 10 grams)	Canned Seafood (1 can = 21 grams)
Pork (1 oz = 7 grams) (3 oz = 22 grams) Ham (1 oz = 6 grams) Canadian Bacon (1 oz = 8 grams)	Beef (1 oz = 9 grams) (3 oz = 26 grams)	Chicken Grilled breast (3 oz = 25 grams)
Turkey (Roasted 3 oz = 24 grams)	Eggs (1 large = 6 grams)	Protein Powder (1 scoop = approx. 25 grams) Read label.
Milk Cow's Milk (8 oz = 8 grams)	Oral Liquid Supplement (8 oz Glucerna = 10 grams) (8 oz Ensure = 9 grams) Read labels for liquid nutrition supplements.	Yogurt Regular yogurt 6 oz = 9 grams. Read label. Greek Yogurt 6 oz = 17 grams). 2 TBSP Greek yogurt = 6 grams. Read label.
Cottage Cheese 4 oz (half cup) = 14 grams	Cheese Cheese Stick = 6 grams) Shredded (1/2 cup = 14 grams) Cheese (1 oz = 6 grams)	Frozen Yogurt (1 cup = 5 grams)
Nuts (20 Almonds = 5 grams) (40 Pistachios = 6 grams) (1/4 cup walnuts = 5 grams)	Nut Butters Peanut Butter or Almond Butter (2 TBSP = 7 grams)	Seeds Sunflower (1/2 c. no hulls= 12 grams, with hulls = 5 grams.) Chia Seeds (2 TSBP = 5 grams)
Chickpeas (1/2 cup = 7 grams)	Hummus (1/4 cup = 5 grams) Tahini (2 TBSP)~5 grams	Beans Black, Navy, Pinto, Kidney (1/2 cup = 8 grams)
Edamame (1/2 cup = 9 grams)	Tofu (1/4 cup = 6 grams)	Soy Milk (1 cup = ~ 7 grams) read labels
High Protein Oats (1/2 cup = 5 grams) Quinoa (1 cup = 8 grams)	Protein Bars (5+ grams/bar. Read label, protein amounts vary)	High Protein Bread Read labels, protein amounts vary.

This is not an all-inclusive list, and amounts are averages; some brands vary. Always read labels.



Hydrate for a better gait - Falls are not your fate!

- Aim for 6–8 cups of fluid/day
- Include water-rich foods

Top Hydrating Foods (90%+ Water Content)

Food	Water Content	Bonus Nutrients
Cucumber	~96%	Vitamin K, potassium
Iceberg Lettuce	~96%	Folate, small amounts of fiber
Celery	~95%	Sodium, potassium, fiber
Radishes	~95%	Vitamin C, antioxidants
Zucchini	~94%	Vitamin C, manganese
Tomatoes	~94%	Lycopene, vitamin C
Bell Peppers	~92%	Vitamin C (especially red), B6
Cauliflower	~92%	Vitamin C, fiber, folate
Watermelon	~92%	Lycopene, vitamin A, potassium
Strawberries	~91%	Vitamin C, antioxidants
Cantaloupe	~90%	Vitamin A, potassium
Spinach	~91%	Iron, magnesium, vitamin K

Additional Hydrating & Nutritious Items

Food	Water Content	Bonus Nutrients
Oranges	~87%	Vitamin C, fiber, potassium
Pineapple	~86%	Vitamin C, bromelain enzyme
Blueberries	~85%	Antioxidants, vitamin K
Peaches	~89%	Vitamins A and C
Apples	~86%	Fiber, potassium
Carrots	~88%	Beta-carotene, vitamin A

Hydrating Meals & Snacks Ideas:

- Cucumber & Hummus Snack Plate
- Watermelon + Feta Salad
- Greek Yogurt with Fresh Fruit
- Spinach, Bell Pepper, & Tomato, Hummus or Meat & Cheese Wrap
- Smoothie with Frozen Berries + Liquid
- Cottage Cheese + Cantaloupe or Fruit
- Chilled Vegetable Soup (gazpacho)
- Tomato, Cucumber Caprese Salad with Mozzarella

 ***Staying hydrated helps with balance, focus & energy!***

To learn more about Falls Prevention visit <https://fallsfreewi.org/>

To learn more about nutrition and hydration visit <https://gwaar.org/nourishstep>



High-Protein Foods: 2 Tablespoon Guide

Small amounts can make a big difference!

Protein needs increase with age. Even small additions throughout the day can support muscle, strength, healing, and energy. This handout shows common high-protein foods in **2 Tbsp portions**, listed from **lowest to highest calories**.

Aim for 25-30 grams of protein at each meal throughout the day to help muscles stay!

2 Tbsp High-Protein Foods (Calories are approximate and may vary by brand)

Lowest to Highest Calories

- | | |
|---|---|
| 1. Nonfat Plain Greek Yogurt
~20 calories ~2-3 g protein | 7. Feta Cheese
~50-70 calories ~5-6 g protein |
| 2. Nonfat Cottage Cheese (blended or small curd)
~25 calories 3-4 g protein | 8. Hemp Seeds (hulled)
~90-120 calories ~8 g protein |
| 3. Skyr (Icelandic yogurt, nonfat)
~20-30 calories 3-4 g protein | 9. Chia Seeds
~120-140 calories ~4-6 g protein |
| 4. Ricotta Cheese (part-skim)
~40 calories ~3 g protein | 10. Peanut & Almond Butter
~160-180 calories 6-7 g protein |
| 5. Hummus
~50-80 calories ~2 g protein | 11. Tahini (sesame seed paste)
~170-210 calories ~5-8 g protein |
| 6. Peanut Butter Powder (dry)
~50-60 calories ~6 g protein | 12. Sunflower Seed Butter
~180-210 calories ~5-7 g protein |



Best Protein for Fewer Calories

- Nonfat Greek yogurt
- Cottage cheese, nonfat
- Skyr/Icelandic yogurt, nonfat
- Powdered peanut butter

Great choices for increasing protein when trying to maintain or lose weight.

Best for Malnutrition Risk or Unintentional Weight Loss

- Nut and Seed butters
- Fuller fat yogurt & dairy
- Hemp & Chia seeds

*These provide protein **plus** healthy fats for extra calories in small amounts.*

Calcium-Rich Options

- Greek yogurt
- Cottage cheese
- Skyr/Icelandic Yogurt
- Ricotta cheese

Supports bone health and muscle strength with calcium, vitamin D, magnesium & leucine.

Easy Ways to Use 2 Tbsp Protein Foods

- Stir into oatmeal, soup, or mashed potatoes
- Blend into smoothies. Sprinkle on yogurt, ice cream
- Spread on toast, crackers, or fruit
- Add to sauces, dips, casseroles, baked goods, & sprinkle on salads

2 Tbsp Seed Comparison: Calories, Omega-3s, Protein & Fiber

Food	Calories	Protein (g)	Fiber (g)	Omega-3s (ALA, g)
Flaxseed (ground)	~70-120	~3	~4	~3.2
Chia Seeds	~120- 140	~4-6	~ 4	~4
Hemp Hearts/Seeds (hulled)	~90-120	~8	~0.5	~0.3 (8 grams Omega 3 & 6)
Pepitas (hulled pumpkin seeds)	~90	~5	~1	~0.02
Pumpkin Seeds (with shell)	~85	~4	~2	~0.02
Sunflower Seeds (hulled)	~180-120	~5-7	~2	~0.02

Note: Nutrients can vary by brand. Choose options with no or minimal sodium.

Protein Foods and Gut Health Food Pairings

Here are some easy meal & snack ideas that combine **protein-rich foods** with **gut-friendly foods**.

MEAL OR SNACK	PROTEIN SOURCE	GUT HEALTH FOODS
GREEK YOGURT PARFAIT	Greek yogurt	Berries, oats, walnuts, ground flaxseed
COTTAGE CHEESE WITH FRUIT	Cottage cheese	Peaches, pineapple, kiwi, chia seeds
KEFIR SMOOTHIE	Kefir, milk, protein powder	Banana, spinach, frozen berries
PEANUT BUTTER BANANA TOAST	Peanut butter	Whole grain bread, banana
HUMMUS WITH VEGETABLES	Hummus	Carrots, cucumbers, bell peppers
TUNA SALAD ON WHOLE GRAIN CRACKERS	Tuna	Whole grains, sliced tomatoes
EGG AND AVOCADO TOAST	Eggs	Whole grain bread, avocado
BEAN SOUP	Beans	Onions, carrots, celery, garlic
LENTIL SALAD	Lentils	Mixed vegetables, olive oil, herbs
CHILI	Lean beef or turkey, beans	Tomatoes, onions, peppers, beans
SALMON WITH BROWN RICE	Salmon	Broccoli, asparagus, brown rice
CHICKEN STIR-FRY	Chicken	Broccoli, cabbage, mushrooms, brown rice
TURKEY SANDWICH	Turkey	Whole grain bread, lettuce, tomato
SCRAMBLED EGGS WITH SPINACH	Eggs	Spinach, whole grain toast
OVERNIGHT OATS	Greek yogurt or milk	Oats, berries, chia seeds

Simple "Protein + Gut Health" Pairings

-  Peanut butter + apple slices
-  Cheese + whole grain crackers + grapes
-  Hard-boiled egg + berries
-  Greek yogurt + berries + walnuts
-  Kefir + banana
- Black bean salsa + whole grain tortilla chips
- Cottage cheese + kiwi
-  Salmon + roasted asparagus
-  Chicken + roasted Brussels sprouts
-  Trail mix with nuts, seeds, and dried fruit

Why these combinations support gut health

The gut thrives when you feed both **you** and your **beneficial gut bacteria**:

- **Protein** helps build and maintain muscle, supports healing, and keeps you feeling satisfied.
- **Fiber-rich foods** (whole grains, beans, fruits, vegetables, nuts, and seeds) act as **prebiotics**, nourishing beneficial gut bacteria.
- **Fermented foods** (yogurt with live cultures, kefir, sauerkraut, kimchi) provide **probiotics**, which can help maintain a healthy gut microbiome.

Pair your protein with plants!

At every meal or snack, combine a protein food with a fiber-rich fruit, vegetable, whole grain, bean, nut, or seed. For an extra gut-health boost, include fermented foods like yogurt or kefir several times a week.

A simple formula to help you remember is:

Protein + Color + Fiber = Happy Muscles + Happy Gut

Some examples include:

- Greek yogurt + berries + flaxseed
- Chicken + broccoli + brown rice
- Cottage cheese + peaches + walnuts
- Eggs + spinach + whole grain toast
- Beans + tomatoes + avocado



Add Protein to Your Plate

Easy High-Protein Meal Ideas (20–30g protein each)

Meal	Ingredients / Ideas	Protein Estimate
Egg & Cheese Sandwich	2 eggs + 1 oz cheese + 2 slices whole grain bread	~22g
Tuna Salad Plate	1 can tuna + 1 tbsp mayo + whole wheat crackers or bread + veggie sticks	~25g
Peanut Butter Banana Wrap	2 tbsp peanut butter + 1 small banana + whole wheat tortilla	~20g
Yogurt Power Bowl	1 cup Greek yogurt + 2 tbsp granola + 1 tbsp seeds/nuts	~25g
Cheesy Bean Quesadilla	½ cup black beans + 1 oz shredded cheese in tortilla	~20g
Simple Stir-Fry	3 oz chicken or tofu + frozen stir-fry veggies + ½ cup cooked rice	~25–30g
Quick Chili Bowl	¾ cup canned chili + sprinkle of cheese + side of cornbread	~23g
Cottage Cheese Plate	1 cup cottage cheese + fruit + whole grain toast	~28g
Ham & Cheese Omelet	2 eggs + 1 oz ham + 1 oz cheese	~25g
Turkey & Hummus Wrap	2 oz deli turkey + 2 tbsp hummus + tortilla	~22g



Protein-Packed Snacks (8–15g per snack)

Combine 2–3 snacks throughout the day to boost protein!

Snack	Ingredients / Ideas	Protein Estimate
Hard-Boiled Eggs (2)	Sprinkle with pepper or paprika	~12g
Peanut Butter Crackers	2 tbsp peanut butter + 4–6 whole grain crackers	~10g
Trail Mix	¼ cup nuts + 2 tbsp dried fruit + 1 tbsp seeds	~8–10g
String Cheese + Apple	1 cheese stick + 1 small apple	~7g
Protein Shake	1 scoop protein powder + 1 cup milk or soy milk	~20g
Cottage Cheese Cup	½ cup cottage cheese + fruit or veggie sticks	~14g
Hummus & Veggies	¼ cup hummus + carrots/celery or pita	~6–8g
Greek Yogurt Cup (5oz)	Look for plain or lower sugar versions	~12–15g
Edamame (steamed)	½ cup shelled edamame	~9g
Almond Butter Banana Bites	Banana slices + almond butter	~6–8g

Tips to Boost Protein:

- Add **cheese, eggs, nuts, seeds, beans, or nut butters** to meals and snacks.
- Choose **Greek yogurt** or **cottage cheese** over regular yogurt.
- Keep **hard-boiled eggs, string cheese, and nut packs** on hand for grab-and-go.
- Use **protein-rich drinks** if chewing is difficult or when on the go.

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Tips to Make Beans Easier to Digest

- **Beans are highly nutritious**, but they can cause gas and bloating because they contain **galacto-oligosaccharides (GOS)**, carbohydrates that are fermented by gut bacteria.
- While no food completely prevents bean-related gas, **pairing beans with certain foods may help improve digestive comfort.**

Foods that may help:

- **Ginger:** Helps reduce bloating and gas by supporting stomach emptying and healthy digestion.
- **Fennel:** Contains natural compounds that relax the digestive tract and may relieve trapped gas, cramping, and bloating.
- **Cumin:** Traditionally used to aid digestion and may help stimulate digestive function and improve bowel motility.
- **Yogurt and other probiotic foods:** Live beneficial bacteria may support gut health and reduce bloating and gas over time.
- **Rice:** A low-FODMAP food that is easy to digest and doesn't add additional fermentable carbohydrates, making it a good companion to beans.
- **Fermented vegetables:** Foods like kimchi and sauerkraut may improve gut microbiome diversity and help reduce digestive discomfort with regular consumption.

Practical Tips

- Add **ginger, cumin, or fennel** when cooking beans.
- Pair bean dishes with **rice** for a balanced, easy-to-digest meal.
- Include **yogurt or fermented vegetables** alongside bean meals to support gut health.
- If beans are new to your diet, **start with small portions and gradually increase intake** to allow your digestive system to adapt.

Remember: Beans are an affordable sources of protein and fiber. Rather than avoiding them because of gas, using simple strategies like pairing them with digestive-supporting foods can help many people enjoy their health benefits more comfortably.

1 OZ. NUT SERVING SIZE



Almonds (23 = 6 g Protein)



Walnuts (14 halves = 5 g Protein)



**Pistachios
(49 = 6 g Protein)**



Cashews (18 = 5 g Protein)



Pine Nuts (167 = 4 g Protein)



**Brazil Nuts (6-8 =
4 g Protein)**



**Macadamias
(10-12 = 3 g Protein)**



**Pecans (19 halves =
3 g Protein)**



**Hazelnuts
(20 = 4 g Protein)**

High-Protein, High-Calorie Milk



Ingredients:

$\frac{3}{4}$ cup Whole Milk

$\frac{1}{4}$ cup Half & Half

5 TSBP Dry Milk Powder

Directions:

Combine until the milk powder is dissolved.

Add to recipes, pudding, cereal, smoothies, cream soup, or drink it plain.

Pair with 1-2 Protein [Cranberry Oatmeal Energy Balls](#)

Nutrition Facts

Per 1 recipe (240 mL/ 1 cup/ 272 g)

Amount	% Daily Value
Calories 290	
Fat 12 g	18 %
Saturated 8 g + Trans 0 g	40 %
Cholesterol 45 mg	
Sodium 270 mg	11 %
Carbohydrate 27 g	9 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 18 g	
Vitamin A	35 %
Vitamin C	4 %
Calcium	60 %
Iron	2 %

Bone Building Meal Ideas!

Salad: Leafy greens/spinach, feta/cheese, tuna, nuts or seeds and dried fruit.

Salmon with spinach with pine nuts & feta (hot or cold), with whole grain roll and a dried plum/prune and cheese kabob

Salmon Croquette with broccoli, black beans and brown rice, salad with raisins & nuts

Yogurt Parfait: Greek yogurt of your choice, nuts, raisins, seeds (sunflower, chia, flax of your choice)

Nutrition and Falls Jeopardy Game

Protein Power	Hydration Heroes	Strong Bones	Muscle Matters	Everyday Nutrition
100 This nutrient helps build and maintain muscle. <i>(Protein)</i>	100 Our sense of this decreases as we age. <i>(Thirst)</i>	100 This vitamin helps your body absorb calcium. <i>(Vitamin D)</i>	100 Loss of muscle with aging is called this. <i>(Sarcopenia)</i>	100 You should try not to skip these. <i>(Meals)</i>
200 Try to include this at every meal. <i>(Protein)</i>	200 Name one sign of dehydration. <i>(Dizziness, dry mouth, confusion, etc.)</i>	200 Adults over 71 generally need about this much calcium daily. <i>(1,200 mg)</i>	200 Two things that help preserve muscle are protein and _____. <i>(Exercise/strength training)</i>	200 Colorful _____ and _____ provide important vitamins. <i>(Fruits and vegetables)</i>
300 Name one protein-rich snack. <i>(Cheese, yogurt, eggs, nuts, peanut butter, cottage cheese)</i>	300 Foods like watermelon, soup, and yogurt help with this. <i>(Hydration)</i>	300 Name one food high in calcium. <i>(Milk, yogurt, cheese, salmon with bones)</i>	300 Strong muscles help improve this and reduce falls. <i>(Balance)</i>	300 Beans provide protein plus this nutrient that helps digestion. <i>(Fiber)</i>
400 Protein is most helpful when spread throughout the _____. <i>(Day)</i>	400 Besides water, name one hydrating food. <i>(Fruit, vegetables, soup, yogurt, oatmeal, gelatin)</i>	400 Taking calcium in smaller amounts throughout the day helps _____. <i>(Absorption)</i>	400 A quick screening tool for muscle loss risk is called _____. <i>(SARC-F)</i>	400 Pairing protein with healthy fats and fiber helps keep this steady. <i>(Blood sugar)</i>
500 Name one leucine-rich food. <i>(Greek yogurt, eggs, salmon, beef, chicken, tofu, beans, peanuts)</i>	500 About how many cups of fluid might a 150-pound adult need daily? <i>(About 7–8½ cups, depending on needs.)</i>	500 True or False: Vitamin D helps build stronger bones by helping absorb calcium. <i>(True)</i>	500 True or False: Muscle loss is inevitable and cannot be improved. <i>(False)</i>	500 What is the name of the nutrition class introduced today? <i>(Stepping Up Your Nutrition—SUYN)</i>

Bonus Round (Audience Favorites)

These are fun because everyone can answer.

- **Name three foods that contain protein.**
- **True or False:** Peanut butter contains protein. (*True*)
- **True or False:** Soup can help keep you hydrated. (*True*)
- **Finish the phrase:** "Falls are Not Your Fate, _____ for a Better Gait!" (*Hydrate*)
- **What nutrient helps build and repair muscle?** (*Protein*)
- **What beverage did many of us drink with cookies growing up that provides protein and calcium?** (*Milk*)
- **Name one simple way to remember to drink more fluids.** (*Alarm, water bottle by chair, fruit in water, etc.*)
- **What is one affordable source of protein?** (*Beans, eggs, peanut butter, cottage cheese, yogurt.*)

Fun "This or That" Lightning Round

Have participants raise their hand for the correct answer.

- Which has more protein?
 - Cottage cheese or applesauce? (*Cottage cheese*)
- Which helps keep you hydrated?
 - Watermelon or potato chips? (*Watermelon*)
- Which is better for muscles?
 - Protein + exercise or skipping meals? (*Protein + exercise*)
- Which contains both protein and calcium?
 - Yogurt or candy? (*Yogurt*)
- Which is a sign of dehydration?
 - Dry mouth or stronger muscles? (*Dry mouth*)

Final Jeopardy

Clue:

This combination is one of the best ways to stay strong, steady, and reduce your risk of falls.

Answer:

What are eating enough protein and staying hydrated (along with regular physical activity)?



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Host a Protein and Hydration Tasting Party!

Protein & Hydration Tasting Ideas



Protein Power Station

Greek Yogurt Taste Test

- Compare plain vs. vanilla Greek yogurt protein & added sugar content & taste variance
- Compare Greek vs. regular yogurt protein content
- Add toppings:
 - Fresh berries
 - Cinnamon
 - Chopped walnuts
 - Ground flaxseed & Chia seeds
 - Granola
 - Honey

Build-Your-Own Cottage Cheese Cup: Note that protein content is similar to Greek yogurt; however, it can be high in sodium, but it is fairly low in calories.

Choose sweet or savory toppings:

- Peaches
- Pineapple
- Tomatoes
- Cucumbers
- Everything Bagel seasoning
- Chives
- Black pepper

Cheese Sampling Offer several varieties:

- Cheddar
- Mozzarella
- Swiss
- Gouda
- Pepper Jack
- Serve with whole grain crackers or apple slices

Nut & Seed Butter Bar Serve with:

- Apple slices
- Celery
- Banana
- Whole grain crackers
- Peanut butter
- Almond butter
- Sunflower seed butter



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High-Protein Milk Comparison: Taste and compare:

- Fat-free milk
- 1% milk
- Lactose-free milk (mention longer expiration date)
- Soy milk
- Almond milk

Discuss the protein differences.

Hummus Bar: Offer several flavors:

- Classic
- Roasted Red Pepper
- Garlic
- Dill Pickle Serve with:
- Bell peppers
- Carrots
- Cucumbers
- Snap peas
- Whole-grain pita chips

Protein Snack Packs: Create grab-and-go examples:

- Cheese + grape Kabobs
- Roasted chickpeas

Protein Bars & Drinks: Buy a variety and compare labels and protein content. Discuss:

- Protein per serving, Added sugars, Cost, and Taste

Bean Sample Ideas:

- [Roasted chickpeas recipe](#)
- [Black bean dip recipe](#)
- [Farmers Market Black bean salsa recipe](#)
- Share bean recipe websites:
 - <https://cannedbeans.org/recipes>
 - <https://foodhero.org/recipes/recipe-categories/beans-drycanned>

Energy Bite Sampling: Examples:

- [Peanut Butter Yogurt Dip Recipe](#) with Apple Slices
- [Cranberry Oatmeal Balls Recipe](#)



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Hydration Heroes Station

Infused Water Bar Flavor combinations: Find several recipes at <https://foodhero.org/recipes/recipe-categories/flavored-water>

- Lemon + Mint
- Strawberry + Basil
- Orange + Blueberry
- Cucumber + Lime
- Watermelon + Mint

Sparkling Water Taste Test: Compare flavored sparkling waters with plain water.

Hydrating Foods Display: Offer samples of or Fruit Kabobs of:

- Watermelon
- Cucumbers
- Tomatoes
- Strawberries
- Oranges
- Grapes
- Celery

Smoothie Station Mini smoothie samples made with: Find several recipes at <https://foodhero.org/smoothies>

Herbal Tea Bar: Offer hot and iced caffeine-free teas with lemon or fruit.

Thank you for participating in the presentation and for helping make the event a success by providing snacks! We truly appreciate your support, cooperation, and partnership in making this educational opportunity enjoyable and engaging for participants.

With appreciation,

Pam VanKampen and Kristi Cooley
On behalf of the GWAAR Nutrition Team

Protein Guessing Game



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Add protein to your plate throughout the day to help muscle stay!

- Aim for 20-30 grams per meal

Learn more at:

<https://fallsfreewi.org/>

Protein Guessing Game



Fish

Serving: 3 oz

19 grams
of protein

Protein Guessing Game



Shrimp

Serving: 8 Large

20 grams
of protein

Protein Guessing Game



Sardines

Serving: 1 Tin

20 grams
of protein

Protein Guessing Game



Canned Tuna

Serving: 3 oz

24 grams
of protein

Protein Guessing Game



Egg

Serving: 1 large

6 grams

of protein

Protein Guessing Game



Cow's Milk

Serving: 8 oz

8 grams

of protein

Protein Guessing Game



Cheese Stick

Serving: 1 oz Stick

6 grams

of protein

Protein Guessing Game



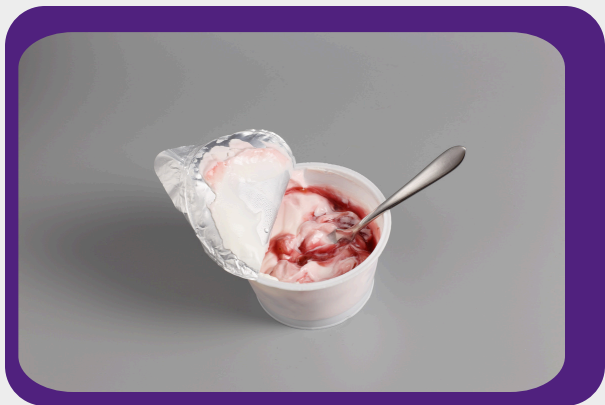
Greek Yogurt

Serving: 1 cup

20 grams

of protein

Protein Guessing Game



Low-Fat Yogurt

Serving: 1 cup

13 grams
of protein

Protein Guessing Game



Frozen Yogurt

Serving: 1 cup

5 grams
of protein

Protein Guessing Game



Cottage Cheese

Serving: 1 cup

25 grams
of protein

Protein Guessing Game



Turkey

Serving: 3 oz

24 grams
of protein

Protein Guessing Game



Soy Milk

Serving: 1 cup

8 grams
of protein

Protein Guessing Game



Almond Milk

Serving: 1 cup

1.5 grams

of protein

Protein Guessing Game



Almonds

Serving: 20 Almonds

5 grams
of protein

Protein Guessing Game



Walnuts

Serving: $\frac{1}{4}$ cup

5 grams

of protein

Protein Guessing Game



Pistachios

Serving: 40

6 grams
of protein

Protein Guessing Game



Beans

Serving: ½ cup cooked

8 grams
of protein

Protein Guessing Game



Tofu

Serving: $\frac{1}{4}$ cup

6 grams
of protein

Protein Guessing Game



Nut Butter

Serving: 2 TBSP

7 grams
of protein

Protein Guessing Game



Chia Seeds

Serving: 2 TBSP

5 grams

of protein

Protein Guessing Game



Flax Seeds

Serving: 2 TBSP

3 grams
of protein

Protein Guessing Game



Sunflower Seeds

Serving: ½ cup No Hulls

12 grams
of protein

Protein Guessing Game



Hemp Heart/Seeds

Serving: 2 TBSP Hulled

~8 grams
of protein

Protein Guessing Game



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Protein amounts listed are equivalents or averages.

Read labels for the most accurate information. Amounts can vary by brand.

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