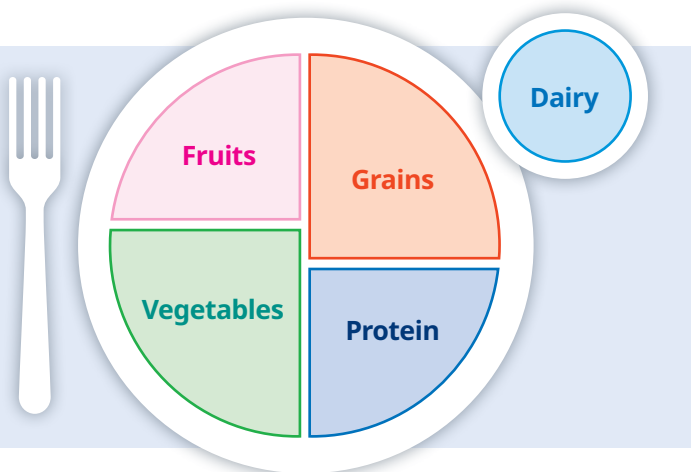


Protein and your plate

Let your plate be your guide

Use the **MyPlate** method as a visual guide to help you build a plate with nutritious choices.

- Make **half your plate fruits and vegetables** (with slightly more vegetables than fruit).
- Fill the **other side of your plate with grains and protein**. Make at least half of your grains whole grain.
- Choose **low-fat or fat-free dairy products**, or lactose-free or fortified soy versions.
- **Limit** added sugars, sodium (salt), alcohol, and unhealthy fats (like saturated and trans fats).



Learn more online at [MyPlate.gov](https://www.MyPlate.gov).

What you eat is just as important as how much you eat! Even on days when you feel less hungry, make sure you have a nutrient-dense diet to help support your progress.

The power of protein

Protein is an important part of your weight-management plan because it:

- Helps with **important bodily functions**
- **Nourishes** the body, including muscles
- Helps you to **feel fuller** for longer

TIP: The *Dietary Guidelines for Americans* recommends consuming a variety of plant and animal protein options and low-fat, leaner choices whenever possible.

Protein helps your body work. Eating protein provides your body with necessary amino acids to:

- Build and maintain bone and muscle mass
- Heal properly
- Support your immune system
- Produce enzymes
- Make hormones
- Transport nutrients

If a reduced-calorie diet is part of your weight-management plan, some reduction of muscle mass may happen when you lose weight. So, eating enough protein may help to reduce the amount that's lost.

Work with your healthcare professional before making changes to your eating plan to help determine what balance looks like for you.

