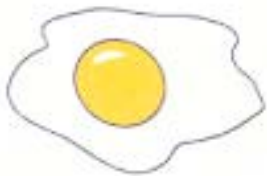


# EAT 8 - 12 OUNCES OF PROTEIN EVERYDAY!

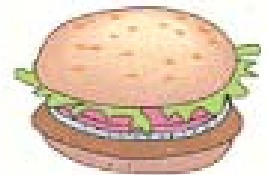
**MEAT, POULTRY, FISH OR EGGS ARE YOUR PROTEIN CHOICES**



**2 egg = 2 oz protein**

**½ cup egg substitute = 2 oz protein**

**¼ turkey, chicken, roast beef (from deli) = 4 oz protein**



**¼ lb. hamburger patty = 3 oz protein**



**Fish (the size of 2 decks of cards) = 6 oz protein**

**Chicken breast (the size of 2 decks of cards) = 6 oz protein**



**Steak (the size of 2 decks of cards) = 6 oz protein**

**1 large pork chop = 4 oz protein**

**12 medium shrimp = 3 oz protein**

**6 oz can of tuna = 5 oz protein (eat all)**



**1 cup seafood salad = 4 oz protein**

**½ cup cottage cheese = 2 oz protein**

**1 chicken leg/thigh = 2-3 oz protein (compare amount of meat**

**to deck of cards – not bone)**



## LIVE LONGER & HEALTHIER - KEEP YOUR ALBUMIN OVER 4.0!