Healthy Protein for Less

Eating enough protein doesn't have to cost a lot of money. Many great tasting foods are inexpensive and easy to cook. In fact, beans, nuts and seeds are versatile and often cost much less than some of the more traditional forms of protein. In addition to costing less they also add healthy fats and fiber to your meals.

**Myth:** Meat, Poultry, and Fish are the only foods you can eat in order to meet your daily protein needs.

**Low Cost, High Protein Foods!**
- Beans (pinto, black, kidney)
- Sunflower seeds
- Canned tuna
- Peanut butter
- Cottage cheese
- Eggs
- Lentils
- Chickpeas
- Canned Salmon

Peanuts, tree nuts, soy and some seeds may reduce the risk of heart disease when consumed as part of a healthy diet.

Do you know that protein is important for your **muscles, skin, blood, immunity**, and even your **bones**? As we age it becomes even more important to eat your recommended dietary allowance each day. Protein can help prevent falls and help you keep up your strength even when you are sick. Look on the back to see how much protein you need!
Most adults should eat 5.5 ounces of protein each day and aim to eat more LEAN sources of protein. Look below for some easy ways to remember how much is an ounce.

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon peanut butter</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 whole egg</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 small chicken breast</td>
<td>3 ounces</td>
</tr>
<tr>
<td>1/4 cup cooked beans</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 small hamburger</td>
<td>3 ounces</td>
</tr>
<tr>
<td>2-3 thin slices of deli meat</td>
<td>1 ounce</td>
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</tbody>
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Here are a few inexpensive meal ideas that provide enough protein for the day. Notice that there is protein in each meal. Our bodies use protein best when we get it in small amounts throughout the day. Can you tell which ingredients have protein in them?

**Egg Omelet** = $1.14  
2 eggs  
2 Tbsp shredded cheese  
1/4 cup raw vegetables  
+ 1 cup skim milk  
2 ounces of protein

**Chick Pea Salad** = $.73  
1 cup brown rice  
1/4 cup diced tomatoes  
+ 1/4 cup chickpeas  
1 ounce protein

**Tuna Fish Sandwich** = $.60  
2 slices whole wheat bread  
+ 3 oz. canned tuna fish  
2.5 ounces of protein

**Total for day** = 5.5 ounces of protein for $2.47

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.