The Power of Protein

What foods have the power of protein?

- Beans
- Chickpeas
- Lentils
- Nuts
- Peanut butter
- Sunflower and other seeds
- Beef
- Chicken or Turkey
- Pork or Ham
- Tuna and other fish
- Eggs

What powers do protein have in your body?

- Helps to build strong muscles
- Helps to keep your blood healthy
- Helps your hair and nails grow strong and healthy

Fun Facts:

- You have more than 600 muscles in your body.
- The strongest muscle in your body is your tongue.
- The hardest working muscle in your body is your heart.

Did you know?

Sunbutter has the power of protein! It is a creamy spread made from sunflower seeds. Spread sunbutter on whole wheat bread or crackers, use it as a dip for cut up apples, or add it to celery sticks.

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.