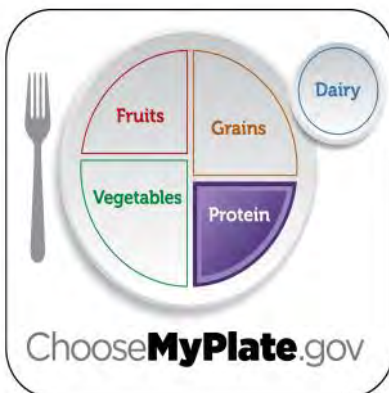


# The Power of Protein

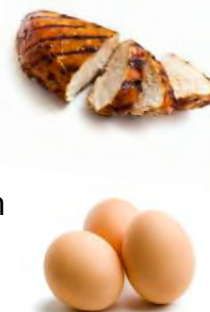
## What foods have the power of protein?



- 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.