



Benefits of Protein & Fiber

Foods High in Protein & Fiber

Protein:

- Fuels our cells and powers our bodies
- A high-protein diet can help reduce hunger
- Aids weight loss & helps you maintain it!
- Boosts your metabolism - which means more energy!
- Lowers blood pressure
- Reduces age related muscle loss
- Your hair and nails are made of mostly protein! Which means protein will make your hair and nails stronger and healthier.

Fiber:

- Reduces cancer risks
- Promotes blood sugar control - can decrease risk of type 2 diabetes
- It helps to maintain a healthy weight
- Helps improve digestion
- Improves cholesterol

Foods Rich in Fiber & Protein

- Apples (Apples and Peanut butter)
- Broccoli
- Raspberries
- Quinoa
- Beans and other legumes, such as: peas, edamame, black beans, chickpeas and pinto beans.
- Whole wheat bread
- Popcorn
- Cherries
- Green beans
- Dark Leafy Greens (Collard greens, spinach, Kale etc.)
- Sweet potato
- Almonds
- Oats
- Mushrooms
- Lentils
- Avocado

Foods Rich in Protein:

- Beef
- Chicken

- Pork
- Fish
- Bok choy
- Shrimp
- Nuts – Almonds, one of the highest
- Eggs
- Edamame
- Tofu
- Steak

R U Cooking? tips:

Quick ways to add fiber and protein to your favorite meals:

Sprinkle Flaxseed, wheat germ or Chia Seeds on top of (yogurt, eggs, cereal, salads, chicken, stir fries)

Sprinkle Raisins, or Almonds, great sources of fiber onto your meals and salads or snack on them during the day.

Add Protein powder to your recipes (smoothies, pancakes, baked goods)

Make 1 change to your regular meals and it could make all the difference! Make meals with Whole wheat products instead of white flour: Whole wheat flour, Whole wheat pasta, Brown rice, ww Wraps

Change to whole wheat, non sugary cereals like Cheerios or shredded wheat.

Check out “R U Getting Fit?” on Reach UP TV. Coach Ginny helps you with simple 2-10 minute workouts! In Season 1, episode 6, she discusses the importance of adding proteins to your diet, to help power your body especially after a workout. It is worth watching! Go to

<https://myreachup.org/crush-fitness-goals-video/>

Sources:

<https://mychn.org/fiber-and-protein/#:~:text=A%20diet%20high%20in%20fiber,for%20a%20long%20healthy%20life>

<https://www.mhconn.org/nutrition/protein-and-mental-health/#:~:text=The%20foods%20you%20eat%20impact,and%20treating%20depression%20and%20anxiety>

<https://www.medicalnewstoday.com/articles/321522>