

# HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

## Meat-Free Protein

### Why incorporate meat-free protein sources?

- It has no saturated fat or cholesterol
- Some people have started eating a meat-free diet one day a week to help reduce their saturated fat intake. An example of this would be a movement called “Meatless Monday”

### Why is Protein Important?

- Protein helps maintain muscle mass
  - 45-55 grams of protein are recommended daily
- Fights off infection; helps to build antibodies which aid in your immunity
- Enhances your metabolism for weight loss
- It is the building block for damage repair

### Protein-Rich Foods

- Seafood
  - Substitute seafood for meat twice a week
  - Canned fish and frozen fillets are handy for everyday meals
  - Try salmon or shrimp for special occasions

- Eggs
  - Eggs contain all the necessary protein your body needs
  - Consider putting a poached egg in wild rice, or eating a hard-boiled egg once a day
- Dairy
  - Fat-free milk and milk provide your body with calcium and vitamin D, and have protein
  - If you don't like cow's milk, almond milk is a great alternative
  - Consider eating Greek yogurt with fresh fruit
  - Cottage cheese also has good protein content
- Beans, Peas, and Tofu
  - Dried, canned, or frozen beans have protein, as well as fiber
  - Add beans to salad, pastas, or soups
  - Tofu is soy-based and can be added to soups, scrambled eggs, or stir-fries
- Nuts and Seeds
  - Unsalted, roasted nuts carry a healthy amount of protein
  - Try spreading nut butters over crackers or toast
  - Try putting chia seeds in Greek yogurt or over a salad

## ***We Value Your Feedback!***

If you ever have a concern that you would like the Health Care Committee to address (referrals, suggestions for educational topics, home visits, etc.) please contact your Parish Nurse or another member of the Health Care Committee (listed on the church website).

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