

Protein: your body's building blocks

Protein is an important building block of bones, muscles, cartilage, skin and blood. Your body uses protein to build and repair tissues and to make enzymes, hormones and other important body chemicals.

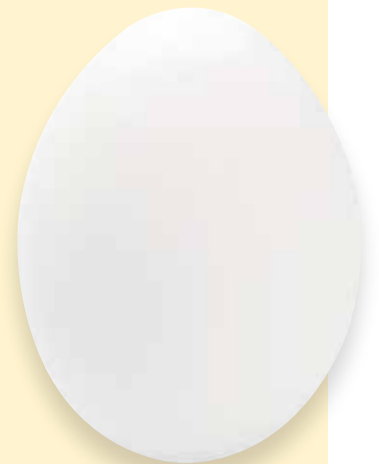


Chicken

Beans & lentils

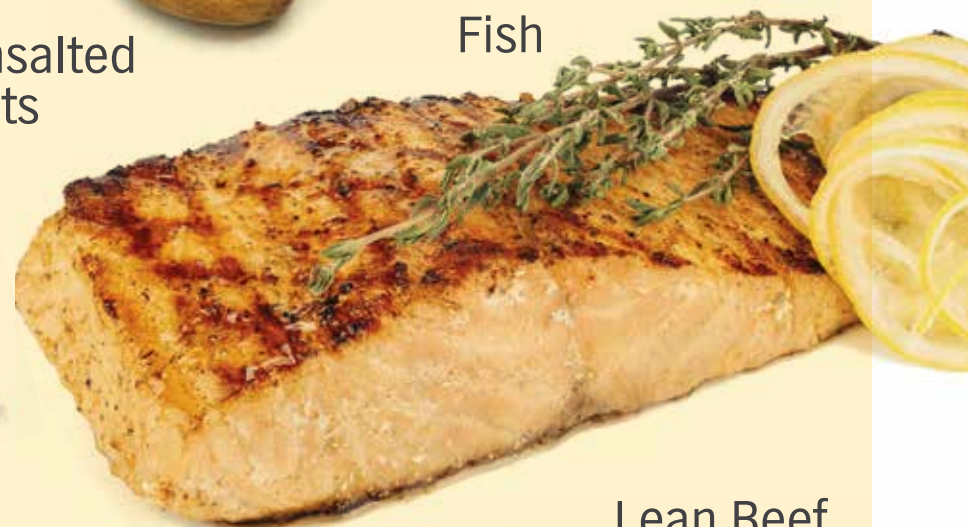


Eggs



Unsalted nuts

Fish



Lean pork

Lean Beef



Grains

Dairy



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