

LOW CARB PROTEIN GUIDE

Understanding the importance of protein in your diet



How much protein should I have?

Protein plays an essential role in maintaining the proper functioning of your body. It is a major component of every cell in the body. Protein is necessary for muscle growth and repair, and the maintenance of healthy skin, hair, nails, and other organs.

We recommend starting out with 3-5oz of protein (chicken, fish, meat, or tofu) for your meals. As a rule of thumb, 4oz is slightly bigger than the size of your palm and the thickness of a deck of cards. You can also use your dinner plate (10 inch wide) as a guide in which case your protein source would take up a little over 1/4 of the plate.

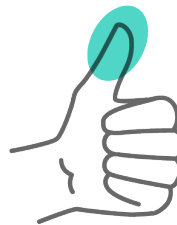
Using your hand as a portion guide



1 portion of protein
= **your palm**



1 portion of vegetables =
your fist



1 portion of fats =
your thumb



1 portion of carbs
= **your cupped hand**

The amount of protein that is right for you may vary and you may notice you need more or less depending on the day and activity level.

Find examples of good sources of protein on the next page!

Still feeling hungry? Try this!

Increase the amount of protein, non-starchy vegetables, OR fats in your meal.

Protein: add an extra ounce of a high-quality protein like chicken, tofu, fish, or beef

Non-starchy vegetables: add an extra helping of your favorite non-starchy vegetables

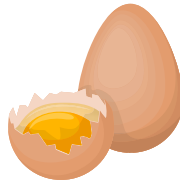
Fats: add some nuts/seeds, a few slices of avocado, or some dairy like cheese, sour cream, or Greek yogurt



Examples of foods with high protein



Poultry
(chicken, turkey)



Eggs



Canned protein
(salmon, tuna, chicken, crab, etc.)



Red meat
(beef, pork, lamb, duck,
venison, bison, etc.)



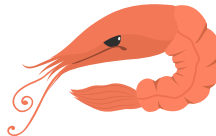
Soy
(tofu, tempeh, edamame,
soybeans)



Dairy
(greek yogurt, cottage cheese, etc)



Fish
(salmon, trout, tuna,
mackerel, cod, tilapia, etc.)



Seafood
(shrimp, crab, mussels,
squid, scallops, oysters,
lobster, etc.)



Beans or lentils
(black beans, chickpeas, pinto
beans, kidney beans etc.)



Want to learn more about protein and diabetes? Read this article by the DiaTribe!

diatribe.org/protein-and-diabetes-what-you-need-know