



Protein Throughout the Day

Get the Most Mileage From Your Food Choices

Are you getting the most mileage from your food choices? If you lead a busy lifestyle, like most Americans, you will likely appreciate help getting the most nutrition and benefits from your meals and snacks. Protein is an important part of optimizing nutrition throughout the day.

Do you tend to eat the majority of your protein at dinner? Many experts suggest it may be better to **spread out protein-containing foods more evenly across meals and snacks** to reap benefits associated with higher protein diets.

Breakfast – the most important meal of the day

Breakfast is a hugely important meal, because it's time to refuel the body after a night's sleep. Increasing protein intake at breakfast, which is typically lower in protein than other meals, may help you optimize the benefits of protein. Eating foods that contain protein as part of a balanced breakfast not only helps break the all-night fast but also gets you started on the right path for the day.

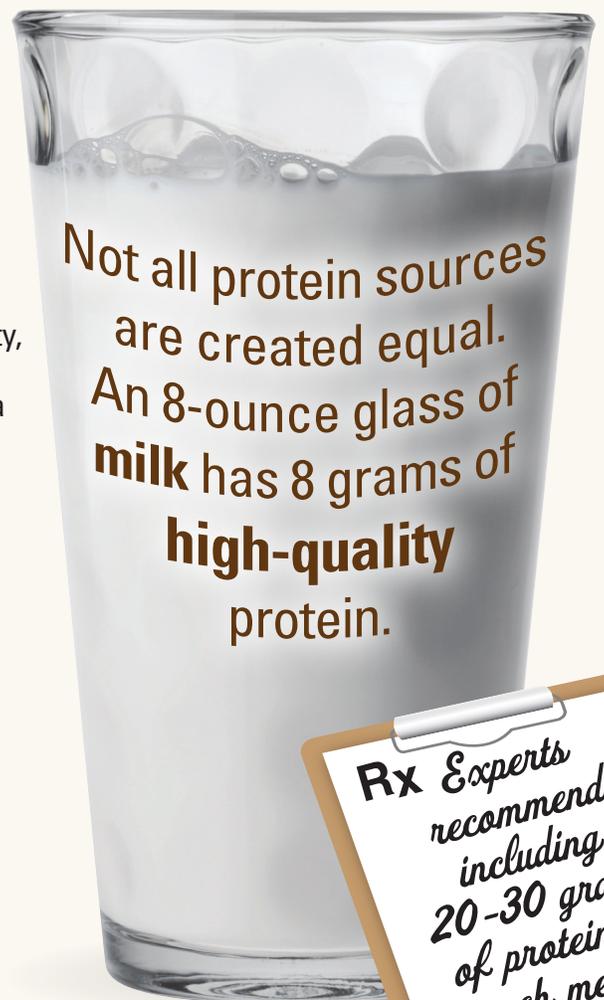
Tips for getting more protein on the go

Including dairy in your in-between meal snacks can be a great way to help you achieve a higher protein diet. Try these tips for snacking on the go with dairy.*

- Yogurt containers are perfectly sized to stash in your backpack, briefcase or purse on the way out the door. You can put it in the fridge at work for later or eat it once you arrive at your destination.**
- Choose milk as a snack choice because of its versatility, nutrition and convenience. Plus, an 8-ounce glass of milk, whether flavored or not, has as much protein as a handful of nuts.
- Portion out chunks of cheese,** as they will be ready to eat anytime and anywhere.
- Get recipes that include protein at wheyprotein.nationaldairycouncil.org and nationaldairycouncil.org.

*Choose low-fat or fat-free milk, yogurt and lower fat varieties of cheese.

**Check the label for proper refrigeration for yogurt and soft cheeses.



Rx Experts
recommend
including
20-30 grams
of protein at
each meal.