My patients often ask, “How can I add protein to my summer meals, and please don’t say chicken again.”

Why protein?
- **Boosts your immune system:** adequate protein helps to build cells to fight illness; 55g (minimum) to 100g (maximum) recommended daily for adults.
- **Keeps you lean and full:** studies show that eating protein throughout the day speeds your metabolism and helps curb your appetite.
- **Feel the strength:** eating protein helps you build lean muscle tissue.
- **Can be a heart healthy choice:** keep it lean – shop for tenderloin, top round cuts of pork or beef, skinless turkey and chicken and firm flesh fish or large size shrimp.

Show me the Nutrition Facts:

<table>
<thead>
<tr>
<th>SPECIES</th>
<th>FAT</th>
<th>PROTEIN</th>
<th>CALORIES</th>
<th>CHOLESTEROL</th>
<th>IRON</th>
<th>VITAMIN B-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>BISON</td>
<td>24.2</td>
<td>20.44</td>
<td>143</td>
<td>22</td>
<td>3.42</td>
<td>2.66</td>
</tr>
<tr>
<td>BEEF (Choice)</td>
<td>18.34</td>
<td>27.21</td>
<td>283</td>
<td>87</td>
<td>2.72</td>
<td>2.50</td>
</tr>
<tr>
<td>BEEF (Select)</td>
<td>8.09</td>
<td>29.89</td>
<td>201</td>
<td>86</td>
<td>2.99</td>
<td>2.64</td>
</tr>
<tr>
<td>PORK</td>
<td>9.66</td>
<td>29.27</td>
<td>212</td>
<td>86</td>
<td>1.11</td>
<td>0.75</td>
</tr>
<tr>
<td>CHICKEN (Skinless)</td>
<td>7.41</td>
<td>28.93</td>
<td>190</td>
<td>89</td>
<td>1.21</td>
<td>0.33</td>
</tr>
<tr>
<td>SOCKEYE SALMON</td>
<td>10.97</td>
<td>27.31</td>
<td>216</td>
<td>87</td>
<td>0.55</td>
<td>5.60</td>
</tr>
</tbody>
</table>

Beef, composite of trimmed retail cuts; separate lean; only trimmed to 0% fat; choice: cooked USDA NDB No. 13362
Beef, composite of trimmed retail cuts; separate lean; only trimmed to 0% fat; select: cooked USDA NDB No. 13166
Pork, trim; composite of trimmed retail cuts (leg, loin and shoulder); separate lean only; cooked USDA NDB No. 10993
Chicken, breasts or thighs; meat only; seated: cooked USDA NDB No. 05013
Salmon, sockeye, cooked; dry heat: USDA NDB No. 15046

Grilling Proteins with Flavor:
Options for heart healthy, lower carb and almost Paleo lifestyle:

<table>
<thead>
<tr>
<th>QUICK AND EASY SKEWERS</th>
<th>PROTEIN</th>
<th>VEGGIE/FRUIT COMBO</th>
<th>FLAVOR OPTIONS</th>
</tr>
</thead>
</table>
| Internal Cooking Temps for Fish: 145 degrees
Steak: 145 degrees
Hamburgers: 165 degrees
Pork: 160 degrees
Chicken: 170 degrees | 1 lb. salmon filet or halibut steak chunks (great source of omega-3 fatty acids)
1 lb. boneless beef sirloin steak
1 lb. boneless skinless chicken breast | 1 cup each red pepper, zucchini and peach chunks
1 cup each, broccoli florets and partially cooked cubed Yukon Gold potatoes
1 cup each cut-up asparagus, yellow peppers and nectarine | Bright & Tangy Ginger Teriyaki (1 tbsp less sodium soy sauce, 1 tbsp brown sugar and 1 tsp ginger paste and ¼ cup orange juice)
1 tbsp McCormick’s Perfect Pinch (salt free) Garlic and Herb seasoning with ½ cup Hellmann’s Olive Oil Mayo
½ cup Wishbone Lite French Dressing |

Follow these 3 simple steps:
1. **PREHEAT** grill to medium heat. Cut protein into 1-inch cubes. Thread onto 8 skewers (pre-soak wooden skewers in water) alternate with **fruit** and **vegetables**. Place in shallow dish; set aside.
2. **POUR** 1/2 cup marinade or dressing over kabobs; refrigerate 10 minutes to marinate. Drain; discard marinade.
3. **GRILL** kabobs until meat is cooked throughly, turning occasionally. Serve over fresh spring greens, baby spinach or chopped romaine leaves.

For Vegetarian Lifestyle:
You can use extra firm tofu in place of the above proteins in any of the recipes, 2.5” x 2.25” x 1” chunk = 10g protein

Plant proteins do not contain the B-12 and heme iron of animal proteins so vegans may wish to add a B-12 supplement.

Adapted from Hannaford Supermarket, Kraft Healthy Living