



## An Eater's Guide to Healthful Protein Choices

PROTEIN CHOICES	PROPERTIES
<b>ANIMAL</b>	
	<ul style="list-style-type: none"> <li>• Complete protein—contains all essential amino acids</li> </ul>
<b>DAIRY</b>	
<p><b>Pasture raised</b></p> <ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Ricotta cheese</li> <li>• Hard cheese (organic, preferably raw)</li> <li>• Yogurt and kefir (pasteurized ok)</li> <li>• Undenatured whey protein powder</li> </ul>	<ul style="list-style-type: none"> <li>• More omega-3 fatty acids when cows eat grass; less illness, therefore far fewer antibiotics, when cows eat the food that keeps them healthy</li> <li>• No growth hormones; no antibiotics for weight gain; no GMOs or pesticides</li> <li>• Environmentally sustainable</li> <li>• Raw maintains integrity of the protein and fats and contains beneficial enzymes; more healthful than organic pasteurized/homogenized; generally tolerated better by dairy-sensitive individuals</li> <li>• Yogurt and kefir are more easily made with pasteurized milk, which kills off endogenous bacteria and allows the introduced bacteria to grow</li> <li>• Easily digestible, used well by body</li> </ul>
<b>EGGS</b>	
<p><b>Organic, preferably pasture raised</b></p>	<ul style="list-style-type: none"> <li>• Higher levels of omega-3 fatty acids when pasture raised and/or fed flaxseed</li> <li>• Bright yellow-orange perky yolks indicate high levels of nutrients</li> <li>• Better tasting than commercial</li> </ul>
<b>FISH</b>	
<p><b>Wild caught, cold water, especially:</b></p> <ul style="list-style-type: none"> <li>• Cod</li> <li>• Halibut</li> <li>• Herring</li> <li>• Mackerel</li> <li>• Salmon</li> <li>• Sardines</li> </ul>	<ul style="list-style-type: none"> <li>• Contain omega-3 fatty acids not found in farmed fish due to commercial corn and soy diets</li> <li>• No antibiotics or hormones; no pesticide residues or GMOs</li> <li>• Non-polluting to environment</li> <li>• Look for sustainably harvested</li> <li>• Be aware that mercury and radiation have created toxicity issues with many fish; be sure to keep up to date on these issues to avoid problems</li> </ul>

## AN EATER'S GUIDE TO HEALTHFUL PROTEIN CHOICES

PROTEIN CHOICES	PROPERTIES
<b>BEEF</b>	
<b>Grass fed—be sure label says “grass fed” and not “pastured”</b>	<ul style="list-style-type: none"> <li>• Contains omega-3 fatty acids not in commercial animals who eat corn and soy</li> <li>• No antibiotics or hormones; no pesticide residues or GMOs</li> <li>• Animals fed only species-appropriate food (cattle should not eat corn and soy—too high protein; contain excess omega-6 fatty acids)</li> <li>• Not polluting to environment</li> <li>• Purchase as locally as possible</li> </ul>
<b>POULTRY</b>	
<b>Organic, free range, preferably pasture raised</b>	<ul style="list-style-type: none"> <li>• No antibiotics; no pesticide residues or GMOs</li> <li>• Less weight loss (water and fat) when cooked</li> </ul>
<b>PLANTS</b>	
	<ul style="list-style-type: none"> <li>• Tend to be limited in one or more amino acids, requiring combining</li> <li>• All plant proteins can be combined with eggs or dairy to improve amino acid profile</li> </ul>
<b>SOY</b>	
<ul style="list-style-type: none"> <li>• Protein powders processed/denatured—not recommended</li> <li>• Soybeans</li> <li>• Soy milk—not recommended</li> <li>• Fermented preferred</li> </ul>	<ul style="list-style-type: none"> <li>• Due to genetic modification and pesticide use, soy must be organic</li> <li>• Whole soybeans and tofu—good</li> <li>• Fermented soy (tempeh, miso, natto)—better</li> <li>• Combine with whole grains and/or nuts and seeds</li> </ul>
<b>BEANS + LEGUMES</b>	
<ul style="list-style-type: none"> <li>• Adzuki beans</li> <li>• Black beans</li> <li>• Garbanzo beans</li> <li>• Lentils—brown, black, red</li> <li>• Navy beans</li> <li>• Peanuts</li> <li>• Pinto beans</li> </ul>	<p><b>Combination possibilities:</b></p> <ul style="list-style-type: none"> <li>• Adzuki beans and sweet brown rice (sticky rice)</li> <li>• Garbanzo beans and quinoa</li> <li>• Garbanzo beans and tahini (sesame paste) in hummus</li> <li>• Lentils in salad, sprinkled with sunflower seeds or feta cheese</li> <li>• Pinto or black beans with corn or corn tortillas or black beans and rice, Cuban style</li> </ul>

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<b>NUTS + SEEDS</b>	
<p><b>Nuts:</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Brazil nuts</li> <li>• Hazelnuts</li> <li>• Pecans</li> <li>• Pine nuts</li> <li>• Walnuts</li> </ul> <p><b>Seeds:</b></p> <ul style="list-style-type: none"> <li>• Chia seeds</li> <li>• Flaxseeds</li> <li>• Hemp seeds</li> <li>• Pumpkin seeds</li> <li>• Sesame seeds</li> <li>• Sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Good combined with grains or beans and legumes</li> </ul> <p><b>Combination possibilities:</b></p> <ul style="list-style-type: none"> <li>• Cooked oats with walnuts, sprinkled with flax or chia seeds</li> <li>• Brown rice with walnuts or almonds</li> <li>• Basil pesto with pine nuts or cilantro pesto with pumpkin seeds over brown rice, brown rice pasta, or tempeh</li> </ul>
<b>HEMP, RICE + PEA PROTEIN POWDERS</b>	
	<ul style="list-style-type: none"> <li>• Excellent alternatives to dairy or soy-based supplemental protein; helpful for people with food sensitivities (less allergen potential)</li> </ul>
<b>MICROALGAE</b>	
<ul style="list-style-type: none"> <li>• Chlorella (green)</li> <li>• Spirulina (blue-green)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete protein: contains all essential amino acids; easily assimilated and utilized by body</li> <li>• Nutrient dense and low in calories</li> <li>• Available in powders and capsules/tablets as supplement; ¼ cup contains 16g protein, 60% of which is usable</li> </ul> <p><b>Contains:</b></p> <ul style="list-style-type: none"> <li>• Essential fatty acids (EFAs)</li> <li>• Chlorophyll and other plant nutrients; antioxidant</li> </ul>