

10 Great Protein Sources for Healthy Bones

Protein Intake: Aim for about 60g of protein per day for optimal bone health.*
Use organic sources whenever possible to reduce additive and pesticide exposure.

V Vegetarian

V Vegan

*Needs will vary by individual.

Beans (Non-GMO Soy Beans) **V**



1 oz (28g): **5g protein**
1 serving (1 cup): **29g protein**

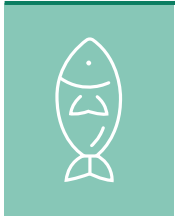
OTHER BEANS PER CUP, COOKED:
Kidney (17g), white (17g), lima (15g),
fava (14g), black (15g)

Non-GMO Tofu (Firm) **V**



1 oz (28g): **4g protein**
1 serving (1/4 block): **13g protein**

Wild Fish (Tuna, Salmon, Halibut)



1 oz (28g): **7g protein**
1 serving (3oz fillet): **22g protein**

OTHER FISH PER 3OZ FILLET:
Snapper (22g), perch (21g), sole (21g),
cod (20g), tilapia (17g)

Quinoa (Uncooked) **V**



4 oz (28g): **4g protein**
1 serving (1/2 cup): **12g protein**

1/2 cup uncooked = 1 1/2 cups cooked*
*Quinoa triples in size when cooked.

Turkey Breast (& Chicken Breast)



1 oz (28g): **7g protein**
1 serving (3oz): **21g protein**

CHICKEN:
1/2 breast (27g), 1 thigh (28g),
1 wing (6g), 1 drumstick (21g)

Lentils (Cooked) **V**



1 oz (28g): **3g protein**
1 serving (1/2 cup): **9g protein**

Nuts & Seeds (Peanuts) **V**



1 oz (28g): **7g protein**
1 serving (1/2 cup): **18g protein**

OTHER NUTS & SEEDS PER OUNCE:
Almonds (6g), pistachios (6g),
sunflower seeds (6g), flaxseed (5g)

Cheese (Mozzarella) **V**



1 oz/1 serving (28g): **9g protein**

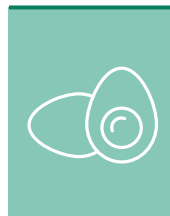
OTHER CHEESE PER OUNCE:
Cottage cheese (5g), swiss cheese
(8g), cheddar (7g), parmesan (10g)

Yogurt, Milk, Non-GMO Soymilk **V**



1 oz (28 g): **2g protein**
1 serving (1 cup): **14g protein**
Skim milk (1 cup): **8g protein**
Soy milk (1 cup): **8g protein**

Eggs **V**



1 oz (28g): **3.5g protein**
1 large egg (50g): **6g protein**
1 egg white (33g): **4g protein**