

Protein Portions Without the Math™

Build protein-rich meals using familiar visual portions
without weighing food or counting every gram.

Use these portions as practical starting points.

Protein amounts are approximate and may vary by food, brand and preparation.

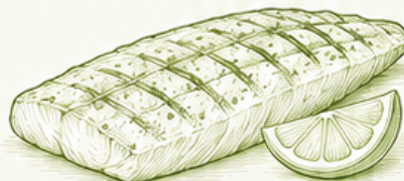
Use Your Hand and Everyday Dishes

Chicken or Turkey



1 palm-sized cooked portion
About 25–30 g protein

Fish or Seafood



1 palm-sized fillet or portion
About 20–30 g protein

Greek Yogurt or Cottage Cheese



1 small bowl, about 1 cup
About 20–25 g protein

Eggs



2 large eggs
About 12 g protein
Pair with another protein when you need
a more substantial meal.

Tofu or Tempeh



1 palm-sized portion
About 15–25 g protein

Beans or Lentils



1 heaped cup
About 15–18 g protein
Combine with other protein-rich
foods as needed.



A Simple Way to Build Your Meal

Choose your protein first. Add colorful plants,
a fiber-rich carbohydrate and a healthy fat
to complete the meal.



Martine's Midlife Wellness Tip

Instead of aiming for a perfect number, notice whether your meal
keeps you satisfied, energized and comfortably full.

Protein needs vary with body size, activity, health conditions and personal goals.
Ask your healthcare provider or qualified nutrition professional what is appropriate for you.